



The New Community CLARION

Serving the People of the New Community Network

Volume 38 - Issue 3 ~ March 2021

New Community CEO Richard Rohrman to Retire May 31



Richard Rohrman has served as Chief Executive Officer of New Community since April of 2013. Photo by Tamara Fleming.

Chief Executive Officer Richard Rohrman has announced his retirement from New Community Corporation at the end of May. He has served as NCC's CEO since April of 2013.

Rohrman's history with New Community started long before he was appointed as CEO. In the 1980s, he served as the organization's Assistant Director of Maintenance and Business Development Manager. Since then, he has held the positions of Director of Real Estate Operations and Director of Real Estate Development. During his tenure, he oversaw NCC's business development, real estate development, operations and economic development. He took over the role of CEO when NCC Founder Monsignor William J. Linder retired from that position.

Rohrman said Monsignor Linder encouraged him to join New Community in 1981.

"I had no idea that I was beginning one of the most meaningful and enriching experiences of my life," Rohrman said. "Having been able to work at the side of an icon like Monsignor Linder was a once in a lifetime honor and opportunity. He opened my eyes to the injustice in the city and the injustice that its people were suffering. As a

child of the suburban Catholic school system, it is an understatement to say I was introduced to a different world than the one I grew up in."

Rohrman embraced NCC's mission and grew within the organization, eventually taking the reins. As CEO, he has led New Community through its 50th anniversary year and helped set the organization on a steady path for the next 50 years. He led the re-syndication of over 1,100 units of NCC housing, which resulted in renovations and the preservation of much-needed affordable housing servicing the most vulnerable population. He also reorganized NCC's executive team, adding a Chief Operating Officer.

Rohrman has used his expertise to strengthen the operational structure and the financial standing of the organization, positioning NCC to grow. In keeping with the organization's values, Rohrman oversaw an increased minimum wage for its workforce and initiated a 401(k) benefits program for employees with an employer match.

Rohrman has been at the helm of New Community through times of transition, including the passing of the organization's founder and Board Chairman, Monsignor Linder, in 2018. He has also led New Community through the ongoing

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NCCTI Helps Formerly Homeless Student on Path to Success



New Community Career & Technical Institute Culinary Arts student Jerrell Mann is now the lead cook at Better Life, where he also resides. Photo courtesy of Jerrell Mann.

New Community Career & Technical Institute (NCCTI) offers more than just a quality post-secondary education. The instruction it provides sets students on a path to success, often with life-changing results.

Jerrell Mann first became aware of New Community in 2018 when he became a resident of Better Life, which provides supportive housing units for chronically homeless individuals, as well as an engagement center for area homeless individuals and respite services for individuals in crisis who have mental health or substance abuse issues. New Community built, owns and manages the building and contracts with Collaborative Support Programs of New Jersey (CSPNJ) as the service provider.

Mann noticed people coming to Better Life's engagement center to eat. He knew how to cook and offered to help with food preparation. He started volunteering at the facility and Better Life Director Shareatha Webster suggested Mann pursue a culinary arts degree so he could help in an official capacity. She told him about the Culinary Arts Specialist program offered at NCCTI, which is within walking distance of Better Life.

Mann enrolled in NCCTI's Culinary Arts Specialist program in January 2020. He was unemployed and decided to seize the opportunity that presented itself. When the COVID-19 pandemic hit in March 2020, classes were put on hold. But Mann didn't give up on the opportunity and returned to the program once it was safe to resume.

He has finished the class portion of the Culinary Arts Specialist program and is now completing his internship at Better Life, where he is serving as the lead cook. He will soon take his certification test, which is the final step.

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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.

Enjoying the Snow



February brought a lot of snow to Newark, which made travel treacherous at times and required time-consuming cleanup. But there was also fun to be had. This snowman was near the family properties at 220 Bruce St. *Photo courtesy of Anibal Alvelo.*

Around the Network

Celebrating Valentine's Day



Newark Central Ward Councilwoman LaMonica McIver brought individually wrapped Valentine's Day treats to Douglas Homes, 15 Hill St., Newark. *Photo courtesy of Clesia Thompson.*

Happy Birthday, Residents!



Residents of Commons Senior, 140 South Orange Ave., celebrated their birthdays on Feb. 12 in a socially distanced way. ShopRite of Newark generously provided the cake, which was cut for the residents to enjoy. *Photo courtesy of Jill DeRios.*

Celebrating 100 Days of School

Students at Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, celebrated completing 100 days of school with a fun craft. *Photos courtesy of HHELC.*



Thank You Extended Care Employees!

New Community Extended Care Facility, 266 South Orange Ave., Newark, recognized employees for their commitment to their jobs and the facility's residents, particularly during the snowstorms of February. Members of the staff received certificates and Dunkin' Donuts gift cards as a gesture of appreciation. *Photo courtesy of Extended Care.*



Employee Spotlight: Bart Chou



Bart Chou is the Director of Operations for Family Service Bureau, overseeing both the Newark and Kearny locations. He has been involved with the agency for more than a decade. Photo courtesy of Bart Chou.

Although Bart Chou only officially became an employee for Family Service Bureau (FSB) last year, he has been a part of the agency for more than a decade.

Chou was an FSB intern in 2008. Following his internship, he left FSB for another opportunity but returned as a volunteer in 2011. He then became a consultant for the agency and then be-

came an employee last year. He currently serves as the Director of Operations for FSB, overseeing both the Newark and Kearny locations.

In that role, Chou monitors the agency's daily operations, including billing, and supervises four clinical staff members.

New Community Chief of Health and Human Services Arti Kakkar is happy to have Chou on the FSB staff.

"He is the backbone of FSB's functions for the last 10 years and is the team player you want on your side when things are tough," she said.

Chou grew up in Taiwan and came to the United States to further his education. He attended Fairleigh Dickinson University in Teaneck and Madison, as well as Seton Hall University in South Orange. He earned master's degrees at both institutions, in clinical counseling and marriage and family therapy.

He said when he first came to Newark for his internship, it was a bit of a culture shock since he was not used to an inner city setting, but he's grateful that he decided to take the opportunity at FSB.

"I really see great potential from Newark," Chou said. "However, a lot of people overlook the potential and the needs of the population."

After becoming a clinical supervisor, Chou said he learned a lot from working with students and staff members from different disciplines.

When the COVID-19 pandemic hit New Jer-

sey in March 2020, Chou began working from home, which he and most of the clinicians are still doing. Although it can be challenging to work in separate spaces, Chou said he always has his phone available to answer questions and he participates in virtual meetings regularly. He also said the pandemic has helped push telehealth to the forefront and moved it forward more quickly.

"We all can see telehealth becoming a major trend," he said.

Technology has been helpful in Chou's personal life as well. He started his life in the United States alone and met his wife while in school. The couple now lives in Bergen County and has two daughters. Because his family is still in Taiwan, he uses video conferencing to keep in touch with them. Prior to the pandemic, he tried to visit them in person every other year because of the long and expensive flight it requires to get there.

"With the technology, it's a blessing," Chou said. "My parents get to see their grandkids."

Chou is impressed with the number of positive changes New Community has made in Newark over the years.

"Ever since I started at FSB, I was amazed at how NCC has such a strong root in Newark. FSB and NCC together did a lot of work in Newark," he said. "I'm very grateful to be working with staff that have the passion and work together to do our part."

HHELC Celebrates Black History Month

Harmony House Early Learning Center (HHELC), 278 South Orange Ave., Newark, recognized Black History Month during February. Children participated in different crafts, including making flags and gluing green strips on hearts to represent peace and unity. Photos courtesy of HHELC.



NCC Residents Get Vaccinated Against COVID-19

All New Community senior buildings have offered COVID-19 vaccinations to eligible residents. Vaccines were administered in each building's Community Room, providing residents with a very convenient location. The Newark Department of Health helped arrange for the vaccine distribution at the Newark properties.



A resident of Associates, 180 South Orange Ave., Newark, receives a COVID-19 vaccine on Feb. 5. Photo courtesy of Anne Moran.



A resident of Roseville Senior, 1 South Eighth St., Newark, receives a COVID-19 vaccine on Feb. 5. Photo courtesy of Gladys Artis.



An Associates resident prepares to receive a COVID-19 vaccine. Photo courtesy of Anne Moran.

Help Wanted: New Community Corporation is Hiring

There are a number of open positions available with New Community Corporation. To see all job listings, along with full 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.

- **Accountant:** Will be responsible for working with designated groups to help establish and maintain an accurate financial record of revenue and expenditures. Candidate must have one to four years of accounting experience and a bachelor's degree in Accounting or Finance with excellent analytical skills. Not-for-profit accounting experience preferred.
- **Building Maintenance Worker:** Will perform a variety of maintenance duties relating to repair, cleaning, painting, plumbing, carpentry, and electrical at their assigned property location. Will also provide general duties related to cleanliness and appearance of interior and exterior area of assigned property.
- **Certified Nursing Assistant:** Provides personal care and related services, functioning under the direction of the Licensed Practical Nurse.
- **Community Health Worker:** Will be responsible for connecting clients with resources for the COVID-19 vaccine as well as providing education in the community for the same. Will also be responsible for promoting the NCC mission in all service delivery,

ensuring quality, professionalism and efficiency of the services provided and that they are administered in accordance with all state and federal laws, regulations and NCC's established policies and procedures.

- **Housekeeping Aide - Full-Time:** Under the direction of the Director of Housekeeping, the Housekeeping/Laundry Aide will provide housekeeping and laundry activities throughout our long-term nursing facility in accordance with current federal, state and local standards.
- **HVAC Technician & Building Maintenance:** Installs and maintains all aspects of temperature control systems throughout NCC properties. Will also install and maintain HVAC systems and work on fuel supply lines, air ducts, vents, compressors, evaporators and piping.
- **Intensive Case Manager:** Will provide case management/social services to disadvantaged populations by planning, referrals, service coordination, client and community education, client and group counseling and the documentation of all case management activities. This position works under the supervision of the Program Director.
- **Licensed Practical Nurse - Full-Time:** Will provide direct nursing care to residents and supervise the day-to-day nursing activities performed by nursing assistants in accordance with current federal, state and local standards, guidelines, and regulations that govern the facility and as may be directed by the Administrator and/or Director of Nursing to ensure the highest degree of quality

care is maintained at all times.

- **Occupancy Specialist:** Will be responsible for monitoring and processing housing certification, vouchers and special claims. This includes but not limited to processing applications and background checks in accordance with Federal/State/City policies and regulations. Candidate must be bilingual (Spanish/English speaking) and have work experience in the affordable housing industry and familiarity with HUD and LITC.
- **Porter - Full Time:** Will be responsible for keeping the Extended Care Facility clean, free from clutter and safe. The Porter will uphold the standards, objectives and policies of NCC and Extended Care.
- **Property Manager:** Is responsible for property management in affordable housing buildings and properties. Will also undertake income certifications, rent collection, leasing and working with household residents. Will work both independently and in a team environment. Excellent written and verbal communication skills required.
- **Registered Dietitian:** Will be responsible for assessing the nutritional care program of the residents in the facility. The Dietitian will assist and prepare the menu for the different menu cycles of the year. The Dietitian will advise administration and food service department as needed on all clinical aspects of each resident diet and oversee issues in the kitchen including menu development, substitution of food, supplement use, food temperatures, etc.

Extended Care Rehab Helps Patients Recover & Return Home



Josephine Jackson-DeVore went to New Community Extended Care Facility for rehabilitation after a hospital stay. After less than four weeks, she was back home. Photo courtesy of Adrian DeVore.

In addition to providing quality long-term care for residents, New Community Extended Care Facility offers short-term rehabilitation for individuals in need of those services. These shorter stays allow for patients to recover and return home quickly.

Josephine Jackson-DeVore benefited from Extended Care's rehabilitation services earlier this year. She had been a patient at University Hospital in Newark for a bladder infection when she fell. Hospital personnel suggested she participate in rehabilitation to help strengthen her and prevent future falls. She decided to become a patient at Extended Care because it was close to her home and her sister had a positive experience as a patient there for about nine months in 2016.

She is happy with her decision.

"The staff was absolutely wonderful. They

were very supportive, encouraging and respectful," Jackson-DeVore said. "The place was clean. They were very, very attentive to the COVID requirements. Every time I turned around, someone was sweeping or wiping down or checking to be sure that I had enough masks and things of that sort. It was just an overall very positive experience."

New Community CEO Richard Rohrman isn't surprised patients engaged in rehabilitation services at Extended Care are pleased with the care they receive. He said the facility supplies high-quality services in many areas.

"Our facility offers a wide variety of options for first-class care. There is the traditional long-term skilled care but we also have specialized care and activities for those suffering from Alzheimer's and other cognitive conditions," he said. "Short-term rehabilitation care is a specialty that we take pride in and all of our services are delivered by an attentive and experienced staff."

Jackson-DeVore was at Extended Care from Jan. 5 to 29. About a week after she returned home, her ex-husband, Jesse DeVore, who she described as her best friend who lives with her and their daughter, became ill.

"When the hospital suggested he go into rehab for strengthening, I immediately said he needs to go to New Community because of the experiences that I had," Jackson-DeVore said.

DeVore went to Extended Care to work on his walking. He improved and was discharged home on Feb. 27.

Jackson-DeVore said the rehabilitation she received at Extended Care not only helped her improve her strength and balance while walking, but the therapists also provided exercises to help her with an old arm injury that she had sustained after a fall in the New York City subway.

"Before I knew it, my arm started responding. So I was very happy," she said. "They'll be continuing to work with me on both situations as

an outpatient."

New Community Chief Operating Officer Fred Hunter said Extended Care serves its patients well, crediting the efforts of the dedicated staff members at the facility.

"The Extended Care team provides a great service to our community, especially when it comes to skilled nursing care. The staff works tirelessly to provide our patients with the very best care," he said. "We all have heard so many accounts told of bad nursing home experiences across the country, so to hear a wonderful story from several of our past residents just makes me feel so proud of the efforts of the Extended Care staff."

Extended Care Administrator Veronica Onwunaka said Jackson-DeVore and DeVore were both model patients at the facility because they had positive attitudes and were willing to accept the treatment provided to them.

"That helped them allow us to give them services that resulted in them being able to recover quickly and them being able to go home to live their normal lives," Onwunaka said. "We made sure the goals that they set were accomplished."

Once their goals were met, Jackson-DeVore and DeVore were able to return home. Both are stronger now than they were before engaging in the rehabilitation services.

"Overall, I really appreciated the service that I received at New Community Extended Care Facility," Jackson-DeVore said. "It was a blessing for me."

New Community Extended Care Facility, 266 South Orange Ave., Newark, is a 180-bed skilled nursing facility that serves inner city seniors and disabled adults. The facility specializes in offering customized care for individuals with Alzheimer's disease and dementia. For more information, visit newarknursinghome.org or call 973-624-2020.

New Community CEO Richard Rohrman to Retire May 31

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ing COVID-19 pandemic.

Throughout his tenure, Rohrman said the human element has stood out the most.

"The work has been both rewarding and meaningful to me but the real story is the people. I have been so enriched by the people I have met, gotten to know and been friends with over the years. To learn about so many cultures and backgrounds and having the opportunity to appreciate them has been a life-changer for me," Rohrman said. "Having worked with and known a seemingly endless array of dedicated people with such different backgrounds has been the real story of my time at NCC. I am proud of my work and also thankful that I have been able to make some difference in the lives of our workforce, clients and residents."

Being part of New Community for so many years, Rohrman got to know the inner workings of the organization, which put him in a position to successfully lead. Members of the Board of Directors are pleased with how Rohrman has posi-

tioned New Community to move forward.

"His retirement is going to be a real loss to New Community because he has served us well," said Board Chairman Dr. A. Zachary Yamba. "He has a steady hand, he is very approachable and he is very knowledgeable about the organization."

"He was remarkable in boosting both the stability and the quality of New Community's role as a service provider for the community," said long-time Board Member Newton Richards. "During the course of his tenure, there was a constant upward trend."

"Over the years, Rich has worked hard to bring NCC to the level where it is today, including increasing the membership of the NCC Board of Directors," said NCC Board Member and Outreach Coordinator Madge Wilson. "I would like to take this opportunity to say a job well done and to enjoy your retirement."

In addition to working closely with members of NCC's Board of Directors and staff, Rohrman also forged relationships with those working

in other organizations, including Victoria Foundation Co-Executive Officer Craig Drinkard. Victoria Foundation has served as a long-time funder of New Community and Drinkard has worked there since 2006. Drinkard, who lived in NCC housing when growing up, described Rohrman as humble and willing to ask for help when needed.

"He was always methodical in his thinking around the moves the organization needed to make," Drinkard said, citing as an example the re-syndication of NCC housing which took many steps and much coordination. "Not only are the residents benefiting from that on a day-to-day basis, but the organization itself is in a better position."

Rohrman knows that after his retirement, New Community will continue to provide quality services that fulfill the organization's mission to help residents of inner cities improve the quality of their lives to reflect individual God-given dig-

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Social Security News

The Many Things You Can Do Online with Social Security

By Ammy Plummer
Social Security District Manager
Springfield Avenue, Newark, NJ

Are you looking for new ways to save time? Check out our online services available through your secure *my Social Security* account. We have lots to offer you online whether you receive benefits from Social Security or not.

If you do not currently receive benefits, you can:

- Request a replacement Social Security card.
- Review your earnings history and see an estimate of your future Social Security benefits.
- Compare benefit amounts depending on what age you start receiving benefits.
- Apply for retirement benefits when you are ready.
- Check the status of your Social Security application.

If you already receive benefits, you can:

- Get a benefit verification or proof of income letter.
- Request a replacement Social Security or Medicare card.
- Set up or change direct deposit.
- Change your address.
- Get a replacement Social Security 1099 form (SSA-1099).
- Opt-out of certain mailed notices.

Your personal *my Social Security* account includes a secure Message Center where you can receive sensitive communications. For example, you can view your annual cost-of-living adjustments before you would normally receive them in the mail. You will receive both mailed and online notices unless you opt-out of receiving notices by mail that are available online.

We designed these online features to save you time. Create your personal *my Social Security* account today at www.ssa.gov/myaccount.

We offer many other online resources at www.ssa.gov/online services. Please let friends and family know they can access them from the comfort of their home or office and on the go from their mobile phones.

Senior Spotlight: Jose Sanchez



Jose Sanchez, who enjoys staying active, has lived at Associates for more than a decade. Photo courtesy of Desiree Crespo.

Jose Sanchez is a longtime resident of Associates. He moved to the building in 2010 and remains an active member of the community.

Sanchez grew up in Peru before moving to the United States 38 years ago when he was 27. He attended Passaic Community College and earned an associate's degree.

In his younger years, Sanchez worked making men's and women's clothing in New

York and Passaic. He would receive the designs and make patterns by tracing the designs onto fabric and cutting them out. He would then give the patterns to the seamstresses for sewing.

Sanchez lived in Passaic before moving to Associates. He is currently 65 years old.

He enjoys the atmosphere of his building. "I live in peace," he said. "I'm relaxed."

Sanchez is a help to the building's Resident Services Department, particularly with his Spanish speaking skills.

"When I need help translating, he helps when he's around," said Associates Resident Services Coordinator Anne Moran. "He's a good resident. He does help other residents in the building also."

Before the COVID-19 pandemic hit, Sanchez would spend much of his time in the building's Community Room playing ping-pong and pool with his neighbors.

Now that gatherings are restricted for everyone's safety, he goes to the YMCA to stay active and enjoys the activities there.

"He is always on the move and has energy for days even though he has a bad knee," said Associates Resident Services Coordinator Desiree Crespo.

In addition to playing ping-pong and pool and going to the gym, Sanchez enjoys attending church.

Sanchez lives alone. He has been divorced for many years and has one son who lives in Florida.



Wellness Tip
March 2021

Memory Loss: When to Seek Help

Often, memory loss that disrupts your life is one of the first or more-recognizable signs of dementia. Other early signs might include:

- Asking the same questions repeatedly
- Forgetting common words when speaking
- Mixing words up
- Taking longer to complete familiar tasks
- Misplacing items in inappropriate places
- Getting lost while walking or driving in a familiar area
- Having changes in mood or behavior for no apparent reason



If you're concerned about memory loss, see your doctor. There are tests to determine the degree of memory impairment and diagnose the cause.

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

Distributing Food to NCC Residents

Residents of Manor Senior, 545 Orange St., Newark, received food items on Feb. 4. It was part of the monthly food distributions to residents in NCC senior buildings. Members of the Resident Services Department helped with distribution. *Photos courtesy of Anibal Alvelo.*



NCCTI Helps Formerly Homeless Student on Path to Success

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"I'm most proud of Jerrell's commitment to completing the program during the uncertainty of the health crisis," said NCCTI Director Rodney Brutton. "The feedback I've received from his instructors is he has excellent cooking skills and leadership skills. It's a great fit for Jerrell to serve in a leadership role for CSPNJ's food service activities."

New Community CEO Richard Rohrman said Mann's story shows how the organization's offerings can touch the lives of individuals in multiple ways, helping catapult people to success.

"It is always rewarding to see our efforts in action. Comprehensive services combined with a motivated person are an unbeatable combination," Rohrman said. "I had the opportunity to meet Jerrell on a visit to Better Life some time ago. He was in the kitchen preparing food for the clients as a volunteer. You could tell from his upbeat friendly attitude that he was going to succeed. Congratulations to you Jerrell and thank you for all you do for those around you."

Mann has always had a knack for cooking and enjoys the response he gets when cooking for others in need.

"Something that comes naturally to you is really making a difference for somebody. And that's all the motivation that's needed," Mann said. "Because it's not easy every day in the kitchen but having that satisfaction of knowing that your food is being liked by someone who really appreciates it, that's my favorite part."

Before the pandemic, Mann would cook for engagement center guests, volunteering in the Better Life kitchen six days a week. Now he prepares and packages food to be delivered to a local

men's shelter. Better Life hopes to reopen the engagement center to offer to-go meals for guests soon.

Better Life Director Shareatha Webster said she first met Mann when he came to ask to use a fax machine.

"I didn't have a fax machine so I agreed to allow him to use my computer so he could email the documents. I asked him in return for this favor, if could he make pancakes for the center members on Saturdays. That quickly changed from Saturdays to Monday to Friday preparing breakfast and lunch," she said. "Individuals came from all over to be a part of the center from 20 members in July 2018 to 1,000 by January."

Mann grew up in Orange and later moved to West Orange. He attended Seton Hall University where he pursued a degree in English. After that, he worked as a middle school basketball coach and later as a stagehand in New York building entertainment stages for events like ballets and concerts for 11 years. After some struggles, he found himself at Better Life. He is grateful for the opportunities he has had since arriving and said he is happy with "the transformation from where I was to where I'm going."

Lead Culinary Arts Specialist Instructor Jonathan Butler said Mann made great strides in class and finished his instruction as a chef.

"In the industry, people know there's a difference between a chef and a cook," Butler said. "He is one of the few students I had in all these years that left here as a chef and not a cook."

Butler said with the training and dedication Mann has, in addition to working in a kitchen, he could also supervise a chef brigade.

Mann said learning from the NCCTI Culinary Arts Specialist instructors has made him a

better cook and a better man.

"Watching them and learning from them has been a great experience," Mann said. "If you want to learn what the industry does and get employment somewhere, the NCCTI Culinary Arts program is the track you need to be on."

NCCTI is currently accepting applications for its accredited post-secondary programs. The online application is available at the school's website, newcommunitytech.edu. Despite the pandemic, employers are looking to hire graduates in all areas of instruction.

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.

Better Life offers supportive services with three distinct offerings: an engagement center, respite services and supportive housing. New Community built, owns and manages the building and contracts with Collaborative Support Programs of New Jersey (CSPNJ) as the service provider. Better Life is located at 101 Fourteenth Ave., Newark. For more information, call 862-229-1400.

Rutgers Community Health Center

Colon Cancer Screening Saves Lives

March is Colorectal Cancer Awareness Month. According to the Centers for Disease Control and Prevention, among cancers that affect both men and women, colorectal cancer is the second leading cause of cancer deaths in the United States. Each year, about 140,000 people get colon cancer and more than 50,000 people die of it. Risk increases with age. More than 90 percent of colon cancers occur in people who are 50 years old or older. The American Cancer Society notes that regular screening is the key to preventing colorectal cancer. Early detection through regular screening often allows for more treatment options.

Should you get a colon cancer screening test?

If you are age 50 to 75 years old, you should get screened for colon cancer regularly. However, if you are younger than 50 and think you may be at higher risk of getting colon cancer, or if you're older than 75, ask your health provider if you should get screened.

What type of screenings are available?

There are several types of screening tests available to find polyps or colon cancer. The screening tests fall into the following categories:

stool tests, flexible sigmoidoscopy, CT colonography and colonoscopy. If your test result comes back positive or abnormal on some of the screening tests (stool tests, flexible sigmoidoscopy and CT colonography), a colonoscopy will be needed to complete the screening test.

How often should I get screened?

Some screening tests should be done every year, while other tests can be done every five or 10 years. It is important to talk to your health provider to discuss what is the best type of test for you. They will discuss your risk factors and medical condition, preferences, the likelihood that you will get the test and available resources for testing and follow-up.

How do I know which screening is right for me?

There is no single "best test" for any person. Each test has its advantages and disadvantages. Talk to your health provider about the pros and cons of each test and how often you need to get tested.

Where can I get my colon cancer screening?

The Rutgers Community Health Center can

perform colon cancer screenings. Schedule your appointment today! Our health providers can help you understand your risk factors and help you decide which screening test is best for you. Call us at 973-732-6040.

- Convenient location in NCC's health care building on 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.

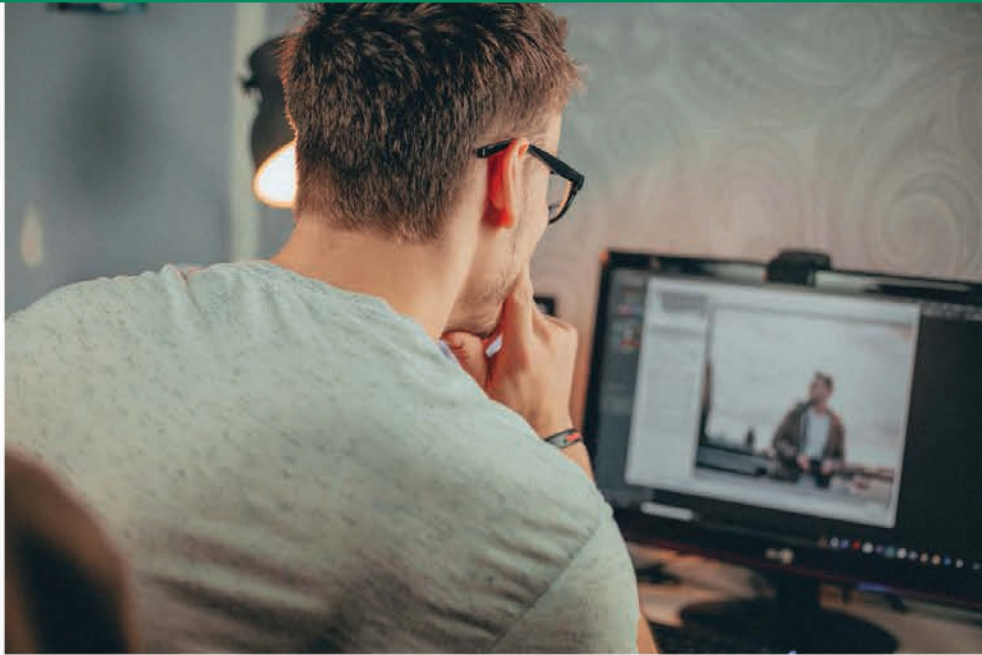
RUTGERS
Community Health Center

Community is everything.
274 South Orange Avenue, 3rd Floor, Newark,
NJ 07103
973-732-6040 | rchc.rutgers.edu

CHELC Recognizes Black History Month

Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, helped the children celebrate Black History Month during February. The children made flags and did other crafts. *Photos courtesy of CHELC.*





COVID-19 Crisis Counseling Services

NJ Hope and Healing Crisis Counseling Program (CCP) at the Family Service Bureau of Newark is available to assist communities affected by COVID-19. We are a neighbor helping neighbor team with staff on-call to provide the following free services:

- Online Support for Stress Management Techniques
- Develop New Coping Skills
 - Compassion Fatigue
- Communication Techniques
 - Resource Linkage



Hours of Operations: Monday to Friday, 9 a.m. to 5 p.m.

Phone Number: 973-272-7488

Text Support: 973-980-4964

Email Address: FSBNJHH@newcommunity.org

*Services offered in Bergen, Essex, Hudson and Passaic counties.
Various languages are available.*

**Free services are available
remotely for families,
individuals and youth.**



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Family Service Bureau of Newark in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

Family Service Bureau

Advocating for Gender Equity this Women's History Month

Equity is a word we hear a lot more these days, mainly due to the pandemic and what it has brought to the forefront that shows gaps in health care, in services and unequal distribution of resources. Equity, in general, focuses on justice and fairness. While there are many areas we can focus on to discuss the absence of equity, for Women's History Month, gender equity is appropriate.

Gender equity is the means to get to gender equality. Fair treatment for women hasn't always been and while a lot of progress has been made, 2020 pushed us back on this front as a society. With lockdowns and schools closed, workers either have lost jobs or left to take care of children and family. Most of the workforce falling off are women. For women who maintained their jobs, the levels of stress have skyrocketed, with every two in five reporting caregiving struggles, elevat-

ed levels of stress and anxiety and loss in work productivity.

According to the U.S. Bureau of Labor Statistics, there were 2.2 million fewer women in the 2020 workforce compared to 2019. Just like social disparities are at the forefront since 2020, so are the gender norms and unsaid implicit rules that widen this gap. There is a lot of work that needs to happen from policy changes to changes within the workforce to get to equality for women. Women should be treated on par with their male counterparts. Their knowledge and skills need to be equally valued, especially when decisions for promotions and recognitions are made. Overlooking them during these decisions hampers their growth, discourages them and restricts them in career tracks. Changes are possible when there is an open dialogue of how implicit biases affect decision-making and read-

iness to acknowledge is the first step in the right direction. By opening the door for these critical discussions, we all can bring about long-overdue changes and society can benefit with full representation of its workforce. Like late Justice Ruth Bader Ginsburg said, "Women belong in all places where decisions are being made... It shouldn't be that women are the exception."

Addressing unconscious biases is not easy, especially when you are the victim of them. Women often find advocating for others easy but struggle to do the same for themselves. We are here to assist you at the Family Service Bureau of Newark. Through individual strength-focused therapy and emotional support, we are here to help in enhancing awareness and providing a voice to your concerns. Call us at the Family Service Bureau of Newark at 973-412-2056 to schedule your appointment.



NJ Hope and Healing at the Family Service Bureau of Newark is available to assist communities affected by COVID-19. We are a neighbor helping neighbor team providing the following services:



March 2021 Events



Tuesdays @ 11am: Sign Language Virtual Drop In



Wednesdays @ 12pm: Social Injustice



Wednesdays @ 7pm: Virtual Drop-In



Thursdays @ 10am: Grupo de Apoyo



Click the Zoom Icon for access or go to fsbnjhh.eventbrite.com to access the Zoom Link



On-Call Support Monday-Friday: 9am to 5pm @ 973-272-7488

Text Support @ 973-980-4964

Email FSBNJHH@newcommunity.org to schedule workshops for staff and students.



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Family Service Bureau of Newark in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

CEO Richard Rohrman to Retire May 31

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nity and personal achievement.

"NCC is in a strong position to explode into its next 50 years," Rohrman said. "There will be new buildings and facilities, much greater emphasis on health and its relationship to housing, training for well-paying in-demand jobs, health care, early childhood development and who knows what opportunities will open up. Whatever arises, NCC will be ready."

While it will be difficult to replace Rohrman, Yamba is optimistic about the future.

"We hope that the person who succeeds him will be able to rise up to the challenge, especially in this period of COVID, economic downturn and all the issues facing the nation and community-based organizations," Yamba said.

Rohrman plans to enjoy his retirement in a variety of ways.

"Traveling with my wife Joanne, spending time with family in New Jersey, Pennsylvania and Colorado; reading; volunteering; hiking; taking some courses in interesting topics; and slowing down a little are all in store for the future," he said.

The NCC Board of Directors has embarked on a search for the organization's next CEO. The Board has engaged The Support Center, a non-profit leadership and consulting organization specializing in executive search and transition management, to help navigate the search and manage the transition. The Support Center has deep roots in Newark and has been an important partner to NCC over the years.

New Community will release a special edition Clarion in the near future to highlight more of Richard Rohrman's time with the organization and the perspective of those who have worked with him.

 <p>New Community Adult Learning Center 563 Orange Street, Newark, New Jersey 07107 (973) 558-5536 www.newcommunity.org/services/adult-learning-center/</p>	
<p>Available Courses</p> <p>English for Speakers of Other Languages Mondays through Thursdays: 10 AM to 12 PM or 6 PM to 8 PM</p> <p>Citizenship Saturdays: 9 AM to 12 PM</p> <p>Computers – Basic & Intermediate Levels Saturdays: 9 AM to 12 PM or 12 PM to 3 PM</p> <p>ABE, Pre-HSE, & HSE (English only) Mondays through Thursdays: 9:30 AM to 1:30 PM or 5:30 PM to 8 PM</p>	<p>Free Services</p> <p>Health Screenings Physicals, Mammograms, Cholesterol, Nutrition, etc.</p> <p>Open Community Free workshops conducted by private institutions and/or volunteers for the general public</p> <p>Other Services</p> <ul style="list-style-type: none"> • Community organizing • Community rooms • Social services referrals
<p>Cursos Disponibles</p> <p>Inglés para Hablantes de otras Idiomas Lunes a jueves: 10 AM a 12 PM o 6 PM a 8 PM</p> <p>Ciudadanía Sábados: 9 AM a 12 PM</p> <p>Computadora – Nivel Básico e Intermedio Sábados: 9 AM a 12 PM o 12 PM a 3 PM</p> <p>ABE, Pre-HSE, & HSE (Ingles solamente) Lunes a jueves: 9:30 AM a 1:30 PM o 5:30 PM a 8 PM</p>	<p>Servicios Gratuitos</p> <p>Exámenes Médicos Gratuitos Fisicos, Mamografías, Colesterol, Nutrición, etc.</p> <p>Comunidad Abierta Talleres gratuitos conducidos por instituciones privadas y/o voluntarios para el publico en general</p> <p>Otros servicios</p> <ul style="list-style-type: none"> • 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.



Not Hungry Anymore

By Lesley Leslie

As our country approaches one year since the coronavirus changed our way of life, one cannot help but think about the number of lives that have been devastated due to the pandemic. The way that we live our lives today is simply, different. The way that businesses are conducted is different. The way that children and older students are educated is different. The way that we socialize, worship and travel is different. Shopping for groceries, clothing and other essential items is different. Visits to the doctor and other health care-related facilities are different. Things are just different.

The last year has exposed or forced many issues to rise to the surface in a country that has been in denial about the ingredients that have been brewing in the “Melting Pot” we call America. The unpleasant stew that has been boiling and fermenting for generations was finally served for all to partake in 2020. Surprisingly, the meal which consisted of systemic racism, discrimination, white supremacy and privilege, police bru-

tality, inequality in the educational, housing and health care system did not taste good, no matter how much the meal was seasoned with denial or unkept political promises. No one liked this meal!

The victims who have had to stomach this cruel meal for a lifetime were able to dine with the oppressive preparers of the stew as the virus caused us all to finally be on a level playing field, at the same table together. The catchphrase, “We are All in This Together” became a popular T-shirt logo and tag line in public service announcements. The coronavirus killed the rich and the poor, although the impact was greater for the poor and uninsured. The virus brought attention to the “real” America though. The America that is the “Home of the Brave” and the “Land of the Free” is not all that it claims to be. While we cannot deny that there are countless opportunities available in this country, particularly when we think about third world countries, we also should no longer deny that these opportunities have not been extended to many that count themselves as contributors to this country’s foundation. No more denial, no more broken promises. Let us season our stew with truth and add a new flavor, a new ingredient in the melting pot.

Support NCC Today

New Community Corporation’s programs and services positively impact people at all stages of their lives. From early childhood education to affordable housing for individuals, families and senior citizens to mental health services to long-term care, NCC touches members of the community where they need it.

Harmony House, NCC’s transitional housing facility for homeless families, not only provides a safe and stable environment, but also connection to resources to empower families. Many Harmony House residents have enrolled in New Community Career & Technical Institute (NCCTI) and received nationally recognized credentials that have led to careers in in-demand industries.

Every day, NCC works to fulfill its mission to help residents of inner cities improve the quality of their lives to reflect individual God-given dignity and personal achievement.

Throughout the COVID-19 pandemic, NCC has maintained its commitment to community members and provided essential services that have become even more important during the health crisis. This includes community food distribution, mental health services, help applying for economic assistance, educational services, child care and health care.

Consider helping us continue to fulfill our mission by providing a monetary gift that will help support the important work that we do. Simply visit newcommunity.org and click “Donate” at the top of the homepage. From there, you can make a one-time donation or a recurring monthly gift through PayPal Giving Fund. We appreciate any amount you can provide, as do our residents, clients and community members.

Connect with NCC on Social Media

New Community Corporation stays connected through social media accounts on Facebook, Twitter and Instagram and LinkedIn. Follow us on these platforms to see more photos and information.



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New Community Corporation

Extended Care Residents and Staff Receive Second Doses of COVID-19 Vaccine

Residents and staff members at New Community Extended Care Facility, 266 South Orange Ave., Newark, received their second doses of the Pfizer COVID-19 vaccine on Feb. 16. The vaccines were administered by CVS and mark the final day the pharmacy sent personnel to vaccinate those at the facility.

