

# NEW COMMUNITY CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK SINCE 1968

## NEW COMMUNITY EXTENDED CARE THANKS NEW JERSEY NATIONAL GUARD FOR ASSISTANCE



Ten members of the New Jersey National Guard stand with New Community Extended Care Facility Administrator Veronica Onwunaka, standing in back, and New Community Chief Financial Officer/Interim Chief Executive Officer Elizabeth Mbakaya, standing in front, on their last day at the skilled nursing facility.



New Community Extended Care Facility residents and staff members present members of the New Jersey National Guard with gift bags to show their appreciation for the support provided to the facility from Jan. 27 to Feb. 11.

Members of the New Jersey National Guard were assigned to New Community Extended Care Facility from Jan. 27 to Feb. 11 to assist with resident care. The deployment was part of a statewide effort to assist long-term care facilities with their COVID-19 response and to help with staffing shortages brought on by the surge of cases due to the Omicron variant of the virus.

Extended Care residents and staff members showed their appreciation to the service members on Feb. 11 by presenting them with gift bags and words of gratitude during the residents' Valentine's Day party.

"We at New Community greatly appreciate the assistance the members of the New Jersey National Guard provided to our Extended Care Facility," said New Community Chief Financial Officer/Interim Chief Executive Officer Elizabeth Mbakaya. "The COVID-19 pandemic has posed numerous challenges, including staffing, and the additional support made a difference for those living and working in the facility."

The New Jersey Department of Health and Human Services fulfilled the request for assistance by assigning 10 members of the New Jersey National Guard to Extended Care. The National Guard members were permitted to assist in a variety of areas, including helping to move residents from bed to chair, helping with dressing and daily hygiene activities, meal set-up and feeding, routine assistance and testing and screening staff, residents and visitors.

"The members of the New Jersey National Guard coming in to provide help like this really goes a long way. We have staff shortages in all areas and they are ready to jump in without any hesitation," said New Community Chief Operating Officer Fred Hunter. "I would just like to say thank you. It has been a pleasure and honor to have them here. This is what America is all about: giving a helping hand to our brothers in need."

Extended Care Administrator Veronica Onwunaka was grateful to be able to welcome the service members to the facility.

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Free tax prep client Harlina Tucker, seated, receives her completed tax return from VITA Tax Preparer Yolanda Aguilera. Gloria Singletary, who provides assistance at the Family Resource Success Center, looks on. New Community is one of the sites for the IRS Volunteer Income Tax Assistance (VITA) program, which provides free tax preparation for eligible individuals.

## NEW COMMUNITY FAMILY RESOURCE SUCCESS CENTER OFFERS FREE TAX PREP

Filing taxes can be complicated and intimidating, which is why so many Americans use tax preparation services. Those services can be costly, however, and take a large percentage of a tax return or put an even greater burden on the amount of money owed. To help low-income individuals properly file their taxes, New Community's Family Resource Success Center offers free tax preparation services for those who qualify through the IRS Volunteer Income Tax Assistance (VITA) program, which has operated for more than 50 years and is conducted nationally.

Qualifying individuals are able to make an appointment through the Family Resource Success Center to drop off their documents for the certified IRS tax preparers to work on the returns. Once completed, the clients are given a time to pick up

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# AROUND THE NETWORK

## HARMONY HOUSE RESIDENTS CELEBRATE BLACK HISTORY MONTH

Harmony House, New Community’s transitional housing facility for homeless families, hosted a celebration of Black History Month on Feb. 25 for residents. The event was serviced by Pastor Oliver Coleman and the Ebenezer Baptist Church team, including Bishop Jones. It included a hot meal giveaway and coats for the families of Harmony House. *Photos courtesy of Yonette Fredericks.*



## 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.

### PUBLISHER

New Community Corporation  
233 West Market Street, Newark, NJ 07103  
973-623-2800

### EDITOR, WRITER, PHOTOGRAPHER

Michelle Lang  
NCC Director of Communications  
973-497-4413  
mlang@newcommunity.org

### 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](https://newcommunity.org) and click “Donate” to give today! We appreciate all support.

## CITY OF NEWARK DISTRIBUTES N95 MASKS FOR NEW COMMUNITY RESIDENTS

Residents of New Community senior buildings received protective N95 masks thanks to the City of Newark. Representatives from the city distributed 7,500 of the highly protective masks to senior buildings throughout Newark, including New Community buildings, on Jan. 27.



Associates Property Manager Faye Harvey, left, and Associates Resident Services Coordinator Anne Moran, right, accept N95 masks from a City of Newark representative. *Photo courtesy of the City of Newark.*



Sister Leticlare Pwalua accepts N95 masks at Gardens Senior, 265 Morris Ave., Newark, from a City of Newark representative on Jan. 27 for distribution to building residents. *Photo courtesy of the City of Newark.*

## LEARNING TO USE NEW TABLETS



Residents at Douglas Homes, 15 Hill St., Newark, participated in a workshop on Feb. 10 to learn how to use free tablets they received through a government program. Resident Services Coordinator Desiree Crespo assisted the residents by showing them how to turn on the devices, find useful apps and navigate them. Qualifying residents received the free tablets with eight gigabytes of free internet through TruConnect. *Photo courtesy of Desiree Crespo.*



## ENJOYING GAMES OF BINGO

A representative of UnitedHealthcare visited Orange Senior, 132 William St., Orange, on Feb. 16 to provide games of bingo to the residents there. Participants enjoyed snacks and prizes. *Photo courtesy of Alisha Chatman-Jenkins.*



# NCC FAMILY RESOURCE SUCCESS CENTER OFFERS FREE TAX PREP

**FROM PAGE 1**

their documents and the tax preparer explains why the client is receiving money back or owes money to the government.

Harlina Tucker receives disability, has difficulty using her hands because of carpal tunnel syndrome and says she isn't very internet savvy. As a resident of New Community Associates, 180 South Orange Ave., Newark, she learned about the free tax prep service from her Resident Services Coordinator.

"I didn't even know that I could do taxes," Tucker said. "This is the first time since I've been on disability that I've been able to do taxes. So it is very informative. And she told me a few other things that I probably can do so I can pay taxes in the future."

Patrick Taylor has used the free tax prep service at New Community for two years.

"The service is very good. I recommend people to come here because they're quick, they're pleasant and they're very professional. They do a great job," he said. "They tell you if you owe or not and if you do owe, what to do. They explain it. They're very patient with people."

Sam Gaddy has been getting his taxes done at New Community for five years.

"They're very accurate. I'm always satisfied when they do my taxes," he said. "If there are any discrepancies, they go far and beyond just to help you out."

VITA Tax Preparer Yolanda Aguilera is from Newark and explained that the service is meant to help low-income residents properly file their tax returns without having to pay large amounts.


“Some of the paid preparing companies, they’re taking 20 percent to a third of their returns a lot of times. And these people just can’t afford it,” she said. “I think this is just a perfect way to help them financially. Financial literacy and education are super important, especially in these low-income and disenfranchised areas and so VITA represents a future and creating generational wealth and understanding amongst Black and Brown people.”

New Community began offering free tax preparation nearly 20 years ago in partnership with Paradise Baptist Church in Newark with Bishop Jethro James.

Family Resource Center Director Joann Williams-Swiney said tax prep clients also fill out an intake form to determine if they can take advantage of other services.

"We're not only providing the very valuable tax service to residents but also making sure that they're connected to other services that they may need that they may not know we provide," she said. "It's important to us not to just cover the basic tax return but to cover whatever else they may need in order to move forward and be successful financially."

The center has many services and referrals available, including financial literacy, benefit screenings, SNAP (food stamps), energy



**NEW COMMUNITY**  
VISION • DIGNITY • ACHIEVEMENT

**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: 9 a.m. to 2 p.m. (drop off only)**  
**Thursdays: 9 a.m. to 2 p.m. (drop off only)**

**Fridays: 9 a.m. to 2 p.m. (pick up only)**

**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 return**
- Current year's tax package if you received one
- Wage and earning statement(s) form: W-2, W-2G, 1099-R, from all employers
- 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 program.

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 income

**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 achievement. Founded in 1968, NCC is recognized as one of the largest, most comprehensive community development corporations in the U.S.

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.

Volunteers are an important part of the free tax prep services. Williams-Swiney said without them, the program would not be possible. This year Ronald Johnson, Adela Miller and former New Community employee Tyrone Green are volunteering.

"We thank them for their service," Williams-Swiney said.

In the first month of offering free tax preparation services, the Family Resource Success Center saw 106 clients. The service will be available until the tax deadline, which is April 18.

The free tax preparation is offered by appointment only Tuesdays and Thursdays for drop off and Fridays for pick up from 9 a.m. to 2 p.m. Individuals can call the Family Resource Success Center at 973-565-9500 to make an appointment. The center is located at 274 South Orange Ave., Newark. See the flyer above for additional information, including eligibility requirements.

## DOUGLAS HOMES RESIDENTS GET MOVING



Residents of Douglas Homes, 15 Hill St., Newark, participated in Zumba provided by Wellcare on Feb. 15. Photo courtesy of Desiree Crespo.

## ENJOYING VALENTINE'S DAY TREATS

Central Ward Councilwoman Lamonica McIver provided candy for the residents of Associates, 180 South Orange Ave., Newark, on Valentine's Day, Feb. 14. The councilwoman visited 21 different senior buildings for the holiday, passing out a total of 2,300 bags of candy to Newark's Central Ward senior residents. *Photo courtesy of Anne Moran.*





## CHILDREN CELEBRATE VALENTINE’S DAY AT CHELC

Students at Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, celebrated Valentine’s Day on Feb. 14 by dressing in red or pink and enjoying some sweets. *Photos courtesy of CHELC.*



## CELEBRATING BLACK HISTORY MONTH AT EXTENDED CARE

Residents and staff members of New Community Extended Care Facility, 266 South Orange Ave., Newark, celebrated Black History Month at the end of February with music, dancing and readings. *Photos courtesy of Veronica Onwunaka.*



## PROVIDING FOOD TO THE COMMUNITY

Essex County residents in need of food assistance came to the New Community Emergency Food Pantry on Feb. 16 at 220 Bruce St., Newark. In addition to receiving bags of food and drink items, participants were able to get information from health care provider Amerigroup and PSE&G. The Emergency Food Pantry opens each month from 10 a.m. to 2 p.m. on the first business day after the 15th of the month and remains open while supplies last. Those interested in volunteering with the pantry are encouraged to do so through Jersey Cares by visiting [jerseycares.org](http://jerseycares.org). *Photos courtesy of Anibal Alvelo.*



## EXTENDED CARE THANKS NJ NATIONAL GUARD FOR ASSISTANCE

FROM PAGE 1

“It was not only an answer to a prayer but an act of humanity to ensure that our residents receive the best care and staff who serve the underserved community get relief,” she said. “With the shortage of staffing happening everywhere, the help from our National Guard members was most appreciated by our residents and staff. They were very professional, caring, humble and dedicated to serving. We thank them sincerely and wish them the best of luck.”

This wasn’t the first time Extended Care welcomed service members to the facility. Members of the New Jersey National Guard provided support at Extended Care for about a month in the summer of 2020, shortly after the onset of the pandemic and before vaccines were available.

The 10 members of the New Jersey



Members of the New Jersey National Guard assisted New Community Extended Care Facility with a variety of tasks, including serving food and drinks to residents.

National Guard who assisted at Extended Care this year were Sergeant First Class Gary Collins, Sergeant Evan Howe, Sergeant Jeffrey Joy, Specialist Nicole Mejia, Specialist Zachary Porter, Private First Class



The Extended Care Valentine’s Day party was held on the final day members of the New Jersey National Guard were on site to help the facility. Residents and staff members expressed their gratitude.

Sean Martin, Private First Class Robert Morello, Private First Class James Pica, Private First Class Charles Asare and Private Mukesh Balram. New Community thanks them for their service.



## FAMILY SERVICE BUREAU OF NEWARK: SEASONAL CHANGES CAN AFFECT YOUR MOOD

March is the month when spring officially begins and Daylight Saving Time takes root, typically the second Sunday in the month. It can be a dramatic month with sometimes wild and shifting weather as Mother Nature tries to shed her winter coat. With these changes come changes in mood. Studies find that the amount of sunshine that one is exposed to daily, as well as temperature, has a great impact on one's mood.

During this season Family Service Bureau of Newark (FSB) would like to extend its invitation to the community to reach out and enjoy the weather change. Nonetheless, at times mental health issues caused by seasonal affective disorder persist. Seasonal affective disorder (SAD) is a type of depression that is related to changes in seasons. SAD begins and ends at about the same time every year. If you're like most people with SAD, your symptoms start in the fall and continue into the winter months, sapping your energy and making you feel moody.

FSB is a social services agency providing a comprehensive array of services in mental health and addiction in consideration of the Bio-Psycho-Social-Spiritual continuum, and provides the necessary treatment and/or resources for those in need. Services

provided go from social services to treating mental health conditions and substance use disorders.

What should you do if you want to refer a person for integrated mental health services

at FSB?

In Newark, we are located at 274 South Orange Ave. Call us at 973-412-2056. In Kearny, we are located at 379 Kearny Ave. Call us at 201-246-8077.

### HELP WANTED: NCC IS HIRING



Are you looking to join our team of dedicated employees? There are a number of open positions available with New Community Corporation in a variety of departments. To see all job listings, along with descriptions and requirements of each position, visit [newcommunity.org](http://newcommunity.org) and click "Careers." Click "Apply" next to the position of interest to see the full description and then "Apply Now" to complete the application process.

NCC requires job applicants to fill out an online application for consideration. If you have difficulty with the online application process, you can chat with a representative for technical support or check out the Frequently Asked Questions page. For additional information, job seekers can call New Community's main phone number at 973-623-2800.

The site is continually updated, so check back often to see if there is a job of interest.

NEW COMMUNITY

SUMMER CAMP 2022

JUNE 27 - AUGUST 19

Open to ages 5-13

8:30am-4:30pm

NCC Neighborhood Center

56-68 Hayes Street, Newark

Before and Aftercare Available

Program for Parents Accepted

For more info, contact NCC Youth Services @ (973) 242-7934

\$105 Per Week

HURRY! LIMITED SPACE

OUR ACTIVITIES:

STEAM SWIMMING SPORTS

FIELD TRIPS SPECIAL PROJECTS

Online application available @ [www.newcommunity.org](http://www.newcommunity.org)

vna Health Group

Visiting Nurse Association Health & Hospice

Wellness Tip  
March 2022

5 Signs you're not getting enough sleep

National Sleep Foundation recommends adults get an average of 7-9 hours of sleep each night. If you display these signs & symptoms, you may not be getting enough sleep.

Fatigue & Sleepiness

Some of the obvious signs of sleep deprivation are excessive sleepiness, yawning, irritability and daytime fatigue.

Trouble Concentrating

Lack of sleep negatively impacts both short and long term memory, hindering your ability to remember new information. Additionally, your concentration, creativity and problem solving skills also aren't up to par.

Irritability & Moodiness

Sleep deprivation is proven to increase irritability. Not getting enough sleep can leave you short-tempered and emotional which can later lead to anxiety and depression.

Risk of Heart Disease

Lack of sleep can lead to a series of heart issues including high blood pressure and an increase in chemicals linked to inflammation which can lead to heart disease.

Changes in Weight

Sleep deprivation causes a chemical imbalance, causing our brains to have trouble regulating how much food we have consumed. This can lead to serious weight gain or weight loss.

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



## EMPLOYEE SPOTLIGHT: T'LEYA WALKER



T'Leya Walker is the Youth Services Coordinator for the after school program and summer camp at the New Community Neighborhood Center. Photo courtesy of Edward Morris.

T'Leya Walker has always enjoyed working with children. When she was in college, she would volunteer by tutoring at various schools. On summer break, she worked at the New Community Summer Camp as a counselor. She now has a master's degree and serves as the Youth Services Coordinator for the after school program and summer camp at the New Community Neighborhood Center.

"I really have a love for kids," she said.

After she graduated college, Walker maintained a relationship with New

Community Youth Services Director Edward Morris. She earned a master of arts degree in community planning, policy and design in June 2020 from the College of Charleston. Upon completion of her degree, she moved back to New Jersey and found that there was an open position in New Community's Youth Services Department. She became an employee in December 2020.

At the time when Walker came on board, Newark schools were conducting classes virtually because of the COVID-19 pandemic. To accommodate families, New Community offered remote learning assistance and childcare at the NCC Neighborhood Center from 8:30 a.m. to 4:30 p.m. She helped supervise for that program and then transitioned to her current position as coordinator once in-person learning and the after school program resumed.

In her role, Walker handles applications, COVID screenings, attendance, daily activities, maintaining children's safety and communication between the staff and the parents.

Her favorite part of her job is seeing children smile.

"Whether it's after them learning or understanding something or they're just having fun being a kid, the smile is the best part," Walker said. "Because I know when they smile, I'm doing something right."

Morris is glad to have Walker as part of the Youth Services Department.

"T'Leya understands and is committed to the growth and development of the children we serve," he said. "When she came on in December 2020, which was at the height of the pandemic, she organized and implemented a Virtual Learning Support Program for school-age children needing all-day childcare. Many of the parents praised the program for helping to keep their children on track during virtual instruction. She encourages the children to stay focused and always do their best. We appreciate all the hard work and dedication T'Leya gives to Youth Services and it's a pleasure to have her on our team."

The changes caused by the COVID-19 pandemic were challenging for many students. Walker said Youth Services staff members continue to provide support for children who are struggling.

"It really gave me an eye-opener on how much kids really need to be in a school setting because the virtual thing wasn't working out for a lot of kids," she said. "Youth Services is doing the best job we can with trying to make the students and the parents successful with their education. And just breaking the kids out of their shell."

Walker lives in Essex County with family and enjoys doing design work in her free time.

## SENIOR SPOTLIGHT: GLADYS MARTINEZ

Gladys Martinez can often be found at Douglas Homes offering a smile and a helping hand. She has lived in the building since 2015 and enjoys pitching in during food distributions and other events.

"Gladys is a woman who always has a smile on her face," said Douglas Homes Resident Services Coordinator Desiree Crespo. "She is loving and a hard worker. She never complains and is humble. A woman of few words to describe herself but is friendly, compassionate and always willing to help."

Martinez was born and raised in Puerto Rico and then moved to New Jersey where she raised three daughters. Her daughters and seven grandchildren all live about half an hour from her so they try to spend weekends together.

"We are very close to each other," she said.

Martinez enjoys living at Douglas Homes, 15 Hill St., Newark.

"I like the fact that I live with many friends," she said. "And there are so many stores nearby."

She was familiar with Newark before becoming a resident of Douglas Homes. Prior to the move, she lived on Orchard Street in the city.

At the age of 62, Martinez is retired. She previously worked on production lines in factories and cleaned airplanes on the graveyard shift.

In her free time, Martinez enjoys playing games on her phone and reading.



Gladys Martinez has lived at Douglas Homes since 2015. Photo courtesy of Desiree Crespo.

"I read novels, biographies, really anything," she said.

## SOCIAL SECURITY NEWS: GOING ONLINE WITH SOCIAL SECURITY SAVES YOU TIME

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

Our online tools and services save you time and make your life easier. Often, there's no need to contact Social Security. Here are five of our web pages that can make your life easier:

1. Request a replacement Social Security card, verify your earnings, get future benefit estimates, instantly get benefit verification letters and more with your own personal *my Social Security* account,

- at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).
2. Visit our Frequently Asked Questions page at [www.ssa.gov/faq](http://www.ssa.gov/faq) to get answers on your Social Security-related questions.
3. Complete and submit your online application for retirement benefits in as little as 15 minutes at [www.ssa.gov/retirement](http://www.ssa.gov/retirement).

4. Access our publications library and get online booklets and pamphlets, including audio versions, on relevant subjects at [www.ssa.gov/pubs](http://www.ssa.gov/pubs).
5. Get news when it's hot off the press. Check out our blog for Social Security news and updates at [blog.ssa.gov](http://blog.ssa.gov).

Please share these pages with your friends and family.



# 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?

## LESLEY LESLIE: FIND YOUR SONG AGAIN



Have you forgotten the old you? The “you” before the coronavirus pandemic that used to be optimistic and full of joy and hope? You used to be the life of the party;

the one person in your office that would always find something nice to say. Your coworkers could always count on you to look at the glass as half full, instead of half empty. You whistled while you worked and you greeted everyone with a smile, not just on payday.

The random acts of kindness that others aspired to practice during the holidays is what you used to do all throughout the year. You were so full of life and it was infectious. People just loved being around you and you sang all the time, not just in the shower. Then things changed. Life changed and you changed.

Don't you miss you? Others do, and they need the you that you use to be. Your optimism encouraged others around you, even if they didn't say so. Your random acts of kindness motivated others, even if you never saw what they did to touch other lives. Your songs inspired those who you encountered because the melodies offered hope for many who found themselves in what they believed were hopeless situations. Come on back. You've got to remember that life goes on. Pick yourself up, dust yourself off and sing a new song.

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 screenings 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 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.
- New patients welcome!
- We offer telehealth and in-person visits.
- We are 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](http://rchc.rutgers.edu)

## WEARING RED FOR HEART HEALTH

Residents of Associates, 180 South Orange Ave., Newark, wore red on Feb. 11 in Recognition of American Heart Month, which happens each February. The month and wearing red is done to draw attention to cardiovascular health. This year, the Division for Heart Disease and Stroke Prevention is focusing on blood pressure. High blood pressure is a leading risk factor for heart disease and stroke. *Photos courtesy of Anne Moran.*



## ORANGE SENIOR RESIDENTS CELEBRATE BLACK HISTORY MONTH

Residents of Orange Senior, 132 William St., Orange, celebrated Black History Month in the building's Community Room on Feb. 24. During the celebration, Oscar Mathis, standing in photo at left, talked about growing up in North Carolina during the aftermath of slavery. *Photos courtesy of Alisha Chatman-Jenkins.*





# NEW COMMUNITY

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## CHELC CELEBRATES CULTURAL DIVERSITY

Children and staff members at Community Hills Early Learning Center (CHELC), 85 Irvine Turner Boulevard, Newark, celebrated cultural diversity during the month of February, which is recognized as Black History Month. *Photos courtesy of CHELC.*

