

COMMUNITY DAY WITH NCC AND EBENEZER BAPTIST CHURCH



Pastor Oliver Coleman of Ebenezer Baptist Church and Director of New Community Harmony House Yonette Fredericks. *Photo courtesy of Yonette Fredericks*.

benezer Baptist Church and New Community's Harmony House hosted Camden Street Community Day on Sept. 25. The event was all about giving back to the community, family, wellness and being a blessing. Senior Pastor Oliver Coleman, who led the event alongside Harmony House Director Yonette Fredericks, also hosts many other events with New Community Corporation (NCC) such as Bingo nights, food drives and pizza parties.

Pastor Coleman is a working pastor who strives to live out what he preaches by going outside of the four walls of the church. The relationship between Ebenezer Baptist Church and Harmony House began back in April, yet it seems like so much longer than that with all the good that has transpired in the past seven months.

"We had to acknowledge what was in our community, so by us realizing that our community has a homeless shelter, we wanted to be a part of the mission to help those who are in need of help," he said. He shared a scripture from the book of Matthew 25:35-36: "For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me." That scripture was the premise of why he reached out to the community.

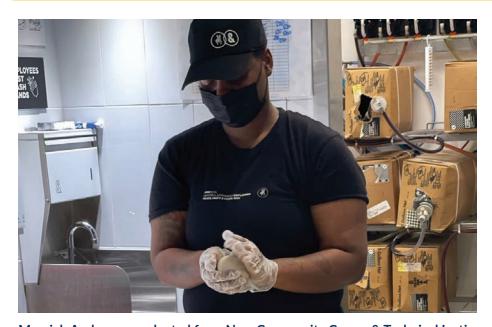
"We know for sure that our brothers and sisters are in need of our help," said Coleman. For him, it has been a blessing that he's been able to make the connection with Fredericks and Harmony House.

"We come in at least once a month," said Pastor Coleman. He mentioned how he and members of the church sometimes come in with food, candy, entertainment for the children and are always looking to help in any way they possibly can. "Instead of saying, 'We're the church down the block,' we thought how can we help someone in the block?" Now, Ebenezer Baptist Church and Harmony House plan events together to reach even

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Harmony House Director Yonette Fredericks with some members of the New Community Choir. *Photo courtesy of Yonette Fredericks*.



Messiah Anderson graduated from New Community Career & Technical Institute's high school equivalency program and culinary arts program. Messiah is now working as a certified trainer at a restaurant in Union, N.J. *Photo courtesy of Odette Phillip*.

NCCTI STUDENT EARNS HIGH SCHOOL DIPLOMA & CULINARY ARTS CERTIFICATION

ew Community Career & Technical Institute (NCCTI) helps students begin careers with a strong educational foundation. The school offers a program for young people to earn their high school diplomas and then obtain certifications in a desirable field.

Newark resident Messiah Anderson attended NCCTI, earning a high school diploma and culinary arts certifications. She now has a job as a certified trainer at a restaurant.

Anderson was introduced to NCCTI when she was 16. She had dropped out of high school and her mother suggested she join Job Corps, which is a program that helps eligible young people complete their high school education, trains them for careers and assists them with obtaining employment throughout the United States. When Anderson went to fill out the Job Corps application

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AROUND THE NETWORK

LABOR DAY, PATRIOTS DAY & END OF SUMMER BBQ

esidents of Associates, 180 South Orange Ave., Newark, celebrated Labor Day, Patriots Day and the end of summer all in one huge Abarbecue. Photos courtesy of Anne Moran.







THE NEW COMMUNITY CLARION

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

EDITOR, WRITER, PHOTOGRAPHER

Ka'bre Dennis **NCC Interim Director of Communications** 973-497-4413 mlang@newcommunity.org

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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.

Family Friendly Center After School Program

New Community Family Friendly Center has openings for after school for 13th Avenue/ MLK School students in kindergarten through second grade. The program is Monday through Friday from 3 to 5:30 p.m. at 13th Avenue/MLK School. For more information and to register, visit www.newcommunity.org or contact Ms. Jackson at 973-733-7045.

ROSEVILLE END OF SUMMER PICNIC

oseville Senior Tenant Association and Resident Services Coordinator Gladys Artis wanted to do something special for residents by hosting an end of summer picnic. The planning committee provided good food and good music by resident Ronald Bradley. Needless to say residents enjoyed themselves as this event was fully attended. Photos courtesy of Priscilla Ordonez.





NCC COMMODITIES FOOD DISTRIBUTION

ew Community's Emergency Food Pantry distributes food twice a month thanks to our partners at Community FoodBank of New Jersey. Fresh food is provided to all local neighbors in need. Photos courtesy of Anibal Alvelo.







ASSOCIATES SENIORS CELEBRATE 83RD BIRTHDAY

wo residents at New Community Associates celebrated their 83rd birthday together in a joint birthday celebration. Myrtle Kearny, who was born Oct. 8, and Thomas Hough, who was born Oct. 13, both turned 83. They posed together for a picture before cutting their birthday cakes. Their birthday celebration was hosted by Home Health Aid & Maintenance. Photos courtesy of Anne Moran.



NCCTI STUDENT EARNS HIGH SCHOOL DIPLOMA & CULINARY **ARTS CERTIFICATION**

FROM PAGE 1

with her mother, she met Aziza Johnson, who serves as the admissions representative for NCCTI.

"When we went downtown to fill out the application we met Ms. Johnson who was there filling out her own paperwork," Anderson said.

Johnson shared information about NCCTI with Anderson's mother who was a bit skeptical at first. As they continued their conversation in the Job Corps office, Johnson soon won over Anderson and her mother's trust, promising she would watch out for Anderson and help her if she attended NCCTI's High School Equivalency (HSE) program. From there, Anderson enrolled.

The start of her journey at NCCTI began with getting her high school diploma.

"I dropped out of high school my freshman year," Anderson said.

She spoke about being a troubled teen and not even wanting to go to school. But attending the HSE program ultimately changed Anderson's life for the better.

"A lot of jobs you can't even work without a high school diploma, and the HSE instructor, Ms. Phillip, helped me," she said.

Anderson shared how grateful she was for how NCCTI staff members stepped in during hard times, particularly HSE instructor Odette Phillip.

"At the time me and my mother were going through so much and Ms. Phillip gave me that motherly love that made me enjoy coming to school, and coming to her class."

While she was in the program to earn her high school diploma, Anderson noticed the many career and technical programs NCCTI had to offer, with one standing out to her.

"I always was highly fond of being in a kitchen," she said. "Growing up, at a young age, I used to always be in the kitchen with my great grandmother cooking with her."

Anderson decided to continue her education at NCCTI in the Culinary Arts Specialist program. She said, "I always had a dream to cook," and once she found out that there was a culinary program she was even more determined to get her high school diploma so that she could enroll in the culinary classes.

The Culinary Arts Specialist program launched Anderson into a culinary career. After completing the program, she became an entry-level cook at a restaurant. After excelling in that role, she was promoted to a certified trainer, which means she now trains new hires. There is also the possibility of her getting promoted further.

"It was so hands-on, and I felt like that was the best way for me to learn. It made me the person I am today," Anderson said of the Culinary Arts Specialist program. "It helped me build my character, respect authority and so many other different things."

Though the outcome was positive, it wasn't always easy for Anderson.

"When I first started NCCTI, I didn't want to be there, I didn't want to listen to anybody, I didn't want to go to school at all," she said. "Because I dropped out of high school my freshman year, it was hard because I didn't really understand the material. The way I got through it, once again was Ms. Phillip. She talked to me, she didn't treat me like I was a kid. Even though I was like 16 at the time, she treated me like I was an adult so it was easy for me to come to her and talk to her. I'm giving all the credit to Ms. Phillip."

Anderson is grateful she met Johnson and took the course she did.

"I remember when I first saw Ms. Johnson, and how she's the reason why I didn't get shipped off anywhere to go to school," Anderson said. "Because of her, I was able to stay home and go to school."

She raved about the entire NCCTI staff. including NCCTI Director Rodney Brutton and support staff.



Messiah Anderson earned her high school diploma, culinary arts certification and ServSafe certification at NCCTI. She is now working as a certified trainer at a restaurant in Union, N.J. Photo courtesy of Odette Phillip.

"From Ms. Phillip to Ms. Johnson to the security guard at the front desk to Mr. Rodney, everybody, it was just marvelous," said Anderson.

When asked to give some words of wisdom to someone who may be in the shoes of her past, Anderson gave this advice: "It's a lot of people in this world that's going to try to knock you down, and try to make you feel as though you're not able to do it but the only thing that can make you do it is yourself, the only person that can knock you down is yourself. You're also the only person that can pick you up."

As for the future, Anderson hopes to exercise her entrepreneurial spirit and open up her own catering business.

"I recently started writing out my business plan. I've been dreaming of starting my own catering business for a very long time, so sooner or later I will be having my own catering business," she said.

DOUGLAS HOMES EMPANADA FUNDRAISER











ew Community Douglas Homes hosted a fundraiser on Sept. 17. Douglas Homes staff cooked and sold empanadas to raise money for events and game nights. The event had a great turnout. All those who attended enjoyed empanadas and games. Photos courtesy of Anibal Alvelo.

NCC AFTER SCHOOL PROGRAM BACK IN SESSION AND IN-PERSON

New Community Corporation (NCC) Youth Services Department offers multiple educational opportunities for students and their families. After a little over one year of virtual learning, students are finally able to get back to in-person learning. All programs, including Community Hills Early Learning Center (CHELC), Harmony House Early Learning Center (HHELC), NCC after school program and Family Friendly Center after school program are open for the 2021-2022 school year.

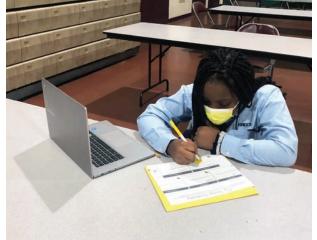
During much of the pandemic, Essex County students were all virtual and unfortunately that's not always the best way for them to interact, develop social skills and simply be kids and have fun. The transition back into the classroom setting has been "pretty good" according to Director of Youth Services Edward Morris. Taking all things into consideration, the students are doing great.

"Some students are experiencing being in-person for the first time in 15 months," said Morris.

This year, for the safety of all students and staff, NCC Youth Services has mapped out plans to stay safe while resuming in-person programming. The after school program requires that all practice social distancing, wear masks and everyone who enters the building must complete a COVID screening. These guidelines are based on the New Jersey Department of Licensing.

The NCC after school program began on Sept. 7 and now has a waiting list for the 2021-2022 school year. To join the waiting list, visit newcommunity.org.











COMMUNITY DAY WITH NCC AND EBENEZER BAPTIST CHURCH

FROM PAGE 1

more people in the community by giving back and spreading love.

Most recently the duo successfully planned and put together Camden Street Community Day.

"It was a blessing," said Pastor Coleman.

During this event, over 600 people in the community and surrounding areas were served. Between community partners and members of the church, all those who attended were able to enjoy wellness vendors, music, food, games and other activities.

"The children were playing and the adults were chatting. The New Community Choir sang and filled the street with joyful sounds," said Fredericks.

Pastor Coleman's vision was to go above and beyond for the community.

"We served hot plates. We purchased chicken, ribs, fish. We had pork chops, hot dogs and Italian sausages," he said. "God blessed us so we want to be a blessing to others. We really had a cookout for the community and some couldn't even believe the event was free."

Helping the community and building the relationship with Harmony House has helped Pastor Coleman and his team in the same way.

"I've had a few members who actually used to live in Harmony House who are now in college and volunteering with me," he said. Learning that about his members encourages him that he is doing the right thing and to keep doing it.

"It's just a blessing," he said. "This is why we do what we do because of things like this."

With his second pastoral anniversary

coming up on Oct. 24, Pastor Coleman is looking forward to even more community involvement. He and his team are already finalizing plans to put together some events for Thanksgiving.

Ebenezer Baptist Church and community partners plan to give out free turkeys to those who are able to prepare them at home as well as provide a meal for those who aren't able to prepare a turkey for Thanksgiving dinner.

"This is a part of the mission, not just preaching the word of Christ, but being like Christ," Pastor Coleman said.

NCC and Harmony House are truly grateful for such a strong community partnership with Ebenezer Baptist Church that seeks to uplift and restore our community. We hope to be a part of more moments and opportunities like this.







HELP WANTED: NEW COMMUNITY 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.

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.

- After School Program Counselor (PT Seasonal)
- After School Program Teaching Assistant
- **Building Maintenance Worker**
- Carpenter
- **Certified Nursing Assistant**
- Cook
- Early Childhood Teacher (Abbott)
- Financial Aid Manager
- Housekeeping Aide Full-Time
- **HVAC Technician & Building** Maintenance
- Infection Control Nurse

- Licensed Practical Nurse Full-Time
- Occupancy Specialist
- **Payroll Coordinator**
- Plumbers Assistant
- Registered Dietitian
- Registered Nurse Unit Manager
- **Resident Services Coordinator**
- Security Officer
- Security Officer Per Diem
- Superintendent
- Teacher (Daycare Group, Infant, & Toddler) - Regular Full-Time
- Teacher Assistant ABBOTT (Floater)
- Youth Educator

FAMILY SERVICE BUREAU: RECOGNIZING MENTAL HEALTH & DEPRESSION

ct. 10 is World Mental Health Day and Oct. 14 is National Depression Screening Day. Family Service Bureau of Newark (FSB), a mental health provider in both Essex and Hudson counties, would like to bring to the attention of the community the importance of recognizing mental health and that solutions are available.

The stigma toward mental health is counterproductive to a solution-based approach. Stigma promotes reluctance to seek help or treatment, a lack of understanding by family, friends, coworkers or others, fewer opportunities for work, school or social activities or trouble finding housing and the belief that you'll never succeed at certain challenges or that you can't improve your situation.

Today, a mental health condition can be overcome. At FSB, counseling and regular medication monitoring is available. The message we would like to send to the community is: Reach Out - Help is out there. By calling FSB in Newark at 973-412-2056 and in Kearny at 201-246-8077, any individual can start their personal journey to stabilize a mental health condition.

At FSB, treatment is available. One may be reluctant to admit to need treatment, however no one should let the fear of being labeled with a mental illness prevent them from seeking help.

Treatment can provide relief by identifying what's wrong and reducing symptoms that interfere with everyday life. Learning to recognize what is needed to treat a mental health condition will make a big difference and will improve quality of life.

At FSB, it is understood that some struggle with both a substance misuse or disorder as well as a mental health condition. At FSB,

co-occurring disorders are treated.

The professionals at FSB will understand the consumer and will offer solutions like inhouse treatment or a referral based on the severity of the condition. Behavioral Health issues are brought on by mental, physical and psychological disease, and therapy is crucial in helping those who are afflicted.

On Oct. 14, National Depression Screening Day, call FSB and ask to be scheduled for a screening and treatment if you are experiencing symptoms of depression, such as persistent feelings of sadness and loss of interest that interfere with your daily life.

The healing environment of Outpatient Treatment offered at FSB allows for the support needed to make a successful

recovery.

Behavioral Health Treatment includes individualized treatment plans to help consumers identify and overcome the underlying issues concerning their specific conditions.

While the main priority of therapeutic intervention is to help consumers overcome addiction and mental health struggles, those attending treatment will also learn the necessary tools for building a productive, healthy and happy life.

FSB is located in Newark at 274 South Orange Ave. Phone: 973-412-2056.

In Kearny it is located at 379 Kearny Ave. Phone: 201-246-8077.



Wellness Tip October 2021

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What Is Breast Cancer Screening?

Breast cancer screening means checking a woman's breasts for cancer before there are signs or symptoms of the disease. Breast Cancer Screening Recommendations:

- A mammogram is an X-ray of the breast.
- A breast MRI uses magnets and radio waves to take pictures of the breast.
- A clinical breast exam is an examination by a doctor or nurse, who uses his or her hands to feel for lumps or other changes.
- · Being familiar with how your breasts look and feel can help you notice symptoms such as lumps, pain, or changes in size that may be of concern.

If you have any signs that worry you, see your doctor right away.



NESF DAY OF SERVICE: RECOGNITION OF WORLD HOMELESS DAY



Harmony House Director Yonette Fredericks at Newark Emergency Services for Families Event in Newark on Oct. 8. *Photo courtesy of Yonette Fredericks*.

Newark Emergency Services for Families (NESF) acknowledged World Homeless Day on Friday, Oct. 8 from 10 a.m. to 2 p.m. in Lincoln Park, Downtown Newark. The annual event was coordinated by NESF and co-sponsored by Newark Central Ward Councilwoman LaMonica McIver.



NCC Family Resource Center Director Joann Williams-Swiney speaks to a community member at Newark Emergency Services for Families Event in Newark on Oct. 8. *Photo courtesy of Yonette Fredericks*.

Among the NESF partners was New Community Harmony House and Family Service Bureau (FSB). Yonette Fredericks, Director of Harmony House, was present to inform the community about Harmony House, NCC's transitional housing for homeless families, and about the FSB



Community members visit vendor tables at Newark Emergency Services for Families Event in Newark on Oct. 8. *Photo courtesy of Yonette Fredericks*.

Hope and Healing Program for COVID-19 resources.

Fredericks had a table loaded with housing resources and socks for individuals and families who were interested. "The event went very well," said Fredericks.

EMERGENCY RENTAL ASSISTANCE PROGRAM



HOW TO GET HELP TO APPLY

ERAP funds will

pay for up to **twelve (12) months** of past-due rent and can pay up to **three (3) months** of future rent (case-by-case basis)

Information and Applications:

www.NewarkCOVID19.com

Help in English, Spanish or Portuguese: (866) 484-9033

Monday - Friday (9:00 am - 6:00 pm)

The COVID-19 pandemic put many families in financial hardship, especially in communities with large populations, such as Newark. Since the start of the pandemic, community leaders and partners banded together to help those in need of financial support. Along with the city of Newark, New Community Corporation (NCC) is serving eligible applicants until funds are used in totality.

NCC has been able to process 200 applicants since the launch of this rental assistance program and hopes to continue to assist all residents in need in the best way possible.

During the application process, applicants are screened for utility assistance in addition to rent. Individuals or families who qualify will also receive assistance for things like gas, electric or water bills.

For more information or assistance applying, please call 973-824-6484 or visit 274 South Orange Ave., Newark, NJ.

SOCIAL SECURITY NEWS: CELEBRATING A MILESTONE FOR MY SOCIAL SECURITY

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

We are excited to celebrate a significant milestone for *my Social Security*: 60 million registrations! We thank each of you who took the time to create a personal *my Social Security* account – and encouraged others to do the same. We keep improving our online services to make doing business with us easier, faster and more accessible.

If you are receiving benefits, you can use your personal *my Social Security* account to:

- Change your address and direct deposit information.
- Get proof of your benefits.
- Request replacement documents, like a

Medicare card.

If you aren't currently receiving benefits, you can:

- Check your earnings record.
- Get estimates of your future benefits.
- View your Social Security Statement.

In most states, you can also request a replacement Social Security card online, although often you only need to know your Social Security number and you do not need the physical card. See everything you can do with a personal my Social Security account, and open one today at www.ssa.gov/myaccount.





RUTGERS COMMUNITY HEALTH CENTER: BREAST CANCER AWARENESS MONTH

reast cancer is the second most Dcommon cancer among women in the United States, according to the Centers for Disease Control and Prevention. Regular mammograms are the best way to find breast cancer early. Mammograms can sometimes detect breast cancer up to three years before it can be felt. When it is detected early, breast cancer is easier to

What are the symptoms?

There are different symptoms of breast cancer. Some symptoms can happen with other conditions that are not breast cancer. In addition, some women do not experience any signs or symptoms at all. If you have any signs, symptoms or concerns, schedule a

NCC WELCOMES NEW DIRECTOR



New Community Corporation (NCC) welcomed **Denise Anderson** to the team mid September as the new Director of Health and Human Services. Anderson is a Newark native and has over a

decade of experience in the field.

Her educational background also speaks volumes with multiple degrees under her belt. Anderson earned a Bachelor of Science in Human Ecology, Dietetics/ Dietitian, from the University of Maryland Eastern Shore, a Masters of Public Health, MPH- Urban Health Administration, and Doctorate of Philosophy- PhD, Urban Systems (Environment, Education, and Health) from Rutgers University.

"I have worked in health care and public health for over 15 years," said Anderson. "My training and background is in nutrition, public health and urban systems, the intersection of the environment, education and health systems of urban populations."

Both her professional and educational background suit the mission and goals of

"I am a generalist with experience working in the areas of minority health, HIV, birth defects and developmental disabilities, the recently incarcerated, persons experiencing homelessness, LGBTQ health, chronic illnesses, primary care, maternal health and pandemic response," she said. "My focus continues to be the delivery of high quality and culturally appropriate programs and services that meet the needs of its intended recipients."

NCC staff members are grateful and excited to have Anderson and the feeling is mutual.

"I look forward to working with NCC colleagues on providing high quality services, strengthening the integration of services, and growing the Health and Human Services Department," she said.

visit with your health care provider immediately. Some common symptoms include:

- Change in the size or shape of the breast
- Pain in any area of the breast
- Nipple discharge other than breast milk (including blood)
- A new lump in the breast or underarm (armpit)

What is a normal breast?

No breast is typical. What is normal for you may not be normal for another woman. Most women say that their breasts feel uneven or lumpy. The way that your breasts look and feel may be affected by your period, having children, gaining or losing weight or taking certain medications. Breasts also change as you age.

What do lumps in my breasts mean?

Many conditions can cause lumps in the breast, including cancer. Most lumps are caused by other medical conditions. According to the CDC, the two most common causes for lumps in breasts are fibrocystic breast condition and cysts.

What are risk factors for breast cancer?

Your risk for breast cancer is due to a combination of factors. The main factors that influence your risk of developing breast cancer is being a woman and getting older. According to the CDC, most breast cancers are found in women who are 50 years of age or older. There are some risk factors that you can change such as your weight or physical activity and there are some factors that you cannot change such as getting older or carrying certain genetic variants. If you have risk factors that concern you, speak to your health care provider. Common risk factors include:

Getting older

- Having certain genetic variants
- Having dense breasts
- Personal or family history of breast or ovarian cancer
- Not being physically active
- Being overweight or obese after menopause
- Drinking alcohol

When should I get a mammogram?

It is recommended that women between 50 and 74 get a mammogram every two years. If you have risk factors, your health care provider may recommend you begin to screen earlier and more frequently.

Talk to your health care provider to decide what is best for you. Rutgers Community Health Center cares for patients of all ages. Our health care providers are highly experienced in treating and managing a wide variety of conditions. We can also set up referrals to specialists and mammograms. Call today to schedule an appointment at 973-732-6040.

- Convenient location in NCC's health care building at 274 South Orange Ave.
- New patients welcome!
- Open for walk-ins.
- We offer telehealth and in-person visits.
- Accepting most health insurances including Aetna, Horizon and many others.
- We also offer CDL visits.



NCC & RUTGERS COMMUNITY HEALTH & WELLNESS FAIR



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NEW COMMUNITY •• •









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NCC PARTNERS WITH MALCOLM JENKINS FOUNDATION

ommons Senior served as a staging and logistics area to prepackage donated food items for the residents of Newark in partnership with the Malcolm Jenkins Foundation. MJF staff members were able to utilize the building's Community Room on Sept. 2. The event was held at the City Plex Theatre on Springfield Avenue on Sept. 3. Photos courtesy of Jill Derios.









