

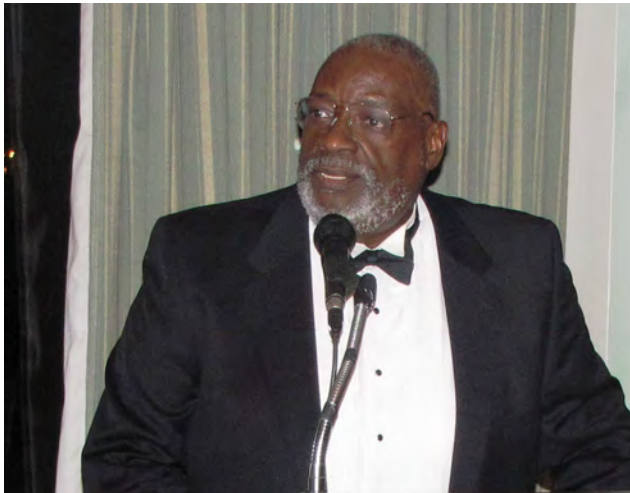


CLARION

SERVING THE PEOPLE OF THE NEW COMMUNITY NETWORK

Volume 33 – Issue 1 ~ January 2016

Honoring Former NCC President Art Wilson's Legacy



A file photo of Art Wilson speaking at an event held at Mayfair Farms.

Art Wilson wore many hats—principal, father-figure, disciplinarian and boss. But in each of his roles, Wilson preferred not to be heavy-handed. He made himself endlessly available to the staff of New Community while he served as NCC's board president for 38 years.

As principal of St. Rose of Lima School in Newark, Wilson disciplined his most rambunctious students by sternly lecturing them or keeping a watchful eye over their every move during Saturday detention. His stance was firm, but his motive was always love, according to

those who knew Wilson at NCC.

Wilson passed away on Dec. 4, 2015 at the age of 71.

Monsignor William J. Linder, founder of New Community and chairman of the board, recalled that as principal of St. Rose of Lima, Wilson intentionally purchased a home a mere stone's throw from the school so that he could literally be on-call 24/7 in case a student or staff needed him.

When a fence was built to protect the school grounds, Wilson's quick jaunt to St. Rose suddenly encountered a detour that caused him to add minutes to his morning stroll.

"He was always mad at me. He never let me forget that," Monsignor recalled with a smile during a mass celebrating Wilson's life held at the New Community Extended Care Facility on Dec. 15, 2015.

The Culinary Cafe, where the mass was held, was filled with several rows of NCC staff, Wilson's family members and residents of the nursing home.

"This is really a mass of thanksgiving for having him in our lives," said Monsignor, who was the co-celebrant of the mass, along with

Continued on page 4

Reflections

Editorial

By Monsignor William J. Linder

As we look ahead to the New Year, I hope that all of us can pause to reflect on 2015. Last year was filled with significant events.

Let me be clear, there were some incredibly dark moments for us as a nation, as well as our world.

We live in an age where mass shootings occur with disturbing frequency. The attack in San Bernardino, Calif., struck fear in many hearts, especially on the heels of the tragedies in Paris, where terrorists killed 130 people. The events of June 17, where a young man opened fire in a historic black church in Charleston, S.C., feel like a distant memory.

Each time gunfire erupts and victims are laid to rest, our nation's leaders get restless and debate the merits of gun control. The same restlessness occurred after the train derailment in Philadelphia on May 12.

We must ask ourselves, what does change look like? What am I willing to do to affect change? Meanwhile, as we enter a presidential election year, voters must sift through the sound and fury from the campaign trails.

However, there was measurable progress made last year. In April, President Barack Obama made an executive decision to remove Cuba from the list of state sponsors of terrorism. A step towards thawing the icy relations was necessary and, hopefully, will help the citizens of Cuba, who suffered most from the isolationist policies.

In Newark, an ambitious federal initiative called My Brother's Keeper has gained momentum. The program focuses on fostering the personal growth of young men of color by addressing critical issues such as education, mentoring and parent engagement.

At New Community, we remain committed to our mission to serve the most vulnerable. In 2015, our Extended Care Facility began offering specialized care to those with dementia and Alzheimer's disease. We're moving forward with the supportive housing complex called Better Life, which focuses on veterans and the chronically homeless, and anticipate closing in the near future.

As Pope Francis eloquently stated, "Mission is never the fruit of a perfectly planned program or a well-organized manual. Mission is always the fruit of a life which knows what is to be found and healed, encountered and forgiven. Mission is born of a constant experience of God's merciful anointing."

There was a thread of bittersweet losses that NCC endured, with the passing of many dear friends, including Carl Brinson, Bob Curvin, Jim Du Bose, Adrian Foley Jr. and, most recently, Art Wilson.

Life is cyclical in nature. As we enter 2016, we must learn from the past year and choose to either be weighed by cynicism or serve as agents of hope and change.

TV Star Wendy Williams Hosts Dinner For NCC Harmony House



Television celebrity Wendy Williams, left, with New Community CEO Richard Rohrman, right.

Wendy Williams knows how to make a big entrance.

The celebrity talk show host surprised the families of Harmony House, New Community's transitional housing facility for the homeless, by making an appearance at a holiday

dinner hosted by the Hunter Foundation.

A Daytime Emmy-nominated host of "The Wendy Williams Show" who is widely known by her maiden name, Williams is married to Kevin Hunter and the couple's namesake charity organization threw a holiday party for NCC families. The festivities included dinner served by the Hunter family—Williams, Hunter and their son, Lil Kev — music spun by deejay Antoine Qua and a visit from Santa Claus and Mrs. Claus, who greeted each child and gave out presents.

When Williams appeared before the families seated for dinner at St. Joseph Plaza, everyone cheered.

"I am personally grateful to Wendy and her family for taking time to celebrate the holidays with our families," said Richard Rohrman, CEO of New Community. "Both our families and staff at Harmony House were delighted to meet the

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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 view of the newspaper.

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Visit www.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:

- 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 non-profit, social entrepreneurship, and CDC communities
- Having beneficial partnerships on the local, national, and global level.

Central High Students At CHELC



Students from Newark's Central High School volunteered their time to read with students at NCC Community Hills Early Learning Center. CHELC serves children three months up to age four. For more information about CHELC, call 973-621-8052. *Photo courtesy of Cheryl Mack.*

Around the Network

Santa's Sleigh: Capital One Bank Delivers Toys For NCC Families



Diana DaCunha, branch manager of Capital One Bank in Morristown, organized a number of her colleagues from several branches across northern New Jersey to donate toys and gifts for needy families at New Community during the

holiday season. The Department of Health and Social Services provided the names of more than 70 children to DaCunha, who, along with her colleague, dropped off the wrapped gifts a few weeks before Christmas. Many thanks to Capital One Bank for their generosity to the families of NCC during this holiday season!

NCC's New Financial Opportunity Center Offering Services



New Community's Financial Opportunity Center, located at the Pathmark Shopping Center, offered local residents resources such as workshops, consultations and information sessions as part of the City of Newark's Financial Empowerment Day on December 11. City officials launched a series of Financial Empowerment Days—in partnership with agencies such as NCC, United Way, Urban League of Essex County and

Ironbound Community Corporation—to help promote the new FOC's opened around Newark. *Photo courtesy of Joann Williams-Swiney.*

O Christmas Tree! Gathering Around An NCC Tradition



Residents and staff at New Community Commons Senior gathered around the Christmas tree to observe the annual tree lighting ceremony. The longstanding tradition, which usually takes place outside of the building at 140 South Orange Ave. in Newark, was held in the community room due to the weather. Residents sang "Joy to the World," received holy water sprinkled by Father Beatus Kitururu and enjoyed light refreshments afterwards.

Employee Of The Month: Chanel Hollis



Pre-kindergarten teacher Chanel Hollis is known for her gentle demeanor.

Ever since she was young girl, Chanel Hollis wanted to be a teacher.

Like many children, she played school with her siblings, standing in front as the teacher while her brothers and sister followed along as her students.

In the summer of 2007, after graduating from Felician College with a degree in early childhood education, Hollis began working at New

Community Harmony House Early Learning Center.

Her calm and gentle demeanor has proven Hollis as a force to be reckoned with in the pre-kindergarten classroom at HHELC. For example, Hollis said that one day a child who was new to HHELC was crying inconsolably after being brought to the classroom. With her steady presence and soft-spoken words, Hollis reassured the new student that HHELC was a welcoming place.

“When he realized it was a safe place to be, he stopped,” Hollis said.

Sister Maurice Okoroji, director of HHELC, said that Hollis is “exemplary” in executing lessons, caring for her students and in communicating.

“She is a soft-spoken individual (and) very respectful of the children and their families, as well as her colleagues,” Okoroji said.

The school day starts at 8 a.m. but Hollis prefers to arrive at her classroom by 7:30 a.m. Each day is a whirlwind of group time, activities,

lessons, stations, meals, snacks, outdoor activities, nap, story time, music and finger play. With the help of her teaching assistant, Sondra Britton, Hollis oversees 15 three- and four-year-olds through every carefully planned activity. Each song reinforces a lesson learned. Each finger play refines a fine motor skill.

“With the little ones, I enjoy that you can see the progress in them,” she said. “You can do so much. They absorb everything.”

Hollis said that one of her goals is to increase parent involvement in her classroom. She already promotes positive reinforcement on her bulletin board, where parents get their photo displayed when they come and participate.

Born and raised in Newark, Hollis attended Newton Street School and later graduated from Malcolm X Shabazz High School. She previously lived at the New Community townhome residences for families.

In her free time, Hollis said she enjoys spending time with her mother and siblings, going to the gym and experimenting with new ways to cook vegetables.

Volunteers Bring Holiday Cheer To Nursing Home Luncheon



As sweet as pumpkin pie: On Thanksgiving Day, volunteers carved out time from their day to spend with the residents of New Community Extended Care Facility for their annual Thanksgiving luncheon. Volunteers assisted with set-up, serving food and transporting residents to and from their rooms, and provided the priceless gift of companionship. Elizabeth Brookins, director of activities at Extended Care, oversaw the volunteers and coordination of the luncheon. **Photos courtesy of Robert Smolin.**



New Community Corporation

St. Joseph Plaza
233 West Market St. Newark, NJ 07103
(973) 242-8012 | www.newcommunity.org

Where the Music Comes Alive

JANUARY 2016

Live Entertainment & Music Calendar

Every Friday from 7 PM to 11 PM - Food or Beverage Purchase Required

JANUARY 1ST

CLOSED-NEW YEAR'S DAY

JANUARY 8TH

JANET VAN KLINE

JANUARY 15TH

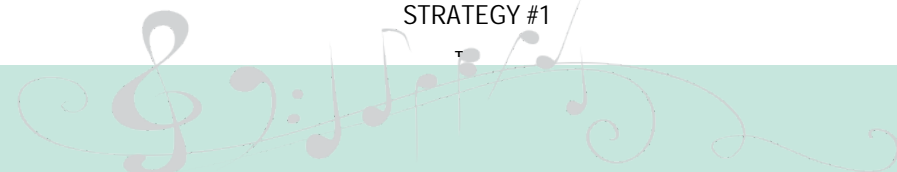
SPIRIT OF LIFE ENSEMBLE featuring DWIGHT WEST
ANNUAL DR. MARTIN LUTHER KING JR. CELEBRATION

JANUARY 22ND

THE SILVER STARS (PRIORY R&B SERIES)

JANUARY 29TH

STRATEGY #1



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

Art Wilson's Legacy At NCC

Continued from page 1



A file photo of Art Wilson as principal of St. Rose of Lima School in Newark speaking to three students in his office.

Father Beatus Kitururu.

Veronica Onwunaka, director of nursing at New Community Extended Care, sent all four of her children to attend St. Rose of Lima, where she said Wilson looked after them, in addition to ensuring their education, as if they were his own children. He treated each student with that same

level of devotion and personal investment, Onwunaka said.

"Mr. Wilson was a father figure to the kids," she said. "His life really needs to be celebrated."

Wilson's service to New Community dates back to the very beginning days of the corporation, which emerged out of a group of parishioners at Queen of Angels Church in Newark, led by Monsignor, who was assigned as its pastor in 1963. Monsignor recruited Wilson to serve as the school's Title I program coordinator.

Later, when Monsignor was assigned to St. Rose of Lima, he recruited Wilson to come on board as the school's principal and, eventually, Wilson joined. Around that same time, a change in leadership on the New Community board of directors also resulted in Wilson taking the helm.

"He was so easy (going), everyone could work with him. That was his great advantage. He brought people together," Monsignor said. "It was the best thing for the people who worked for New Community," Monsignor added.

Wilson's greatest legacy, arguably, will continue to be seen in the lives of the many St. Rose students that he helped to mold as their principal. Many have gone on to work for New Community in various capacities or serve in fields such as business, nonprofit, medicine and law.

"Young people—they just need someone who has faith in them," Monsignor said. "What they had was another father or uncle," he added.

Wilson is survived by his daughter, April Dockery; granddaughters, Sabrina Dockery and Candice Rosa; brother, Parris E. Wilson Jr.; sisters, Gloria W. Davis, Margaret W. Webb, and Bettye W. Ennis, in addition to other relatives and friends.

TV Star Wendy Williams Hosts Dinner For NCC Harmony House

Continued from page 1

Hunters and enjoyed the festivities," he said.

The holiday dinner took place on the evening

of Tuesday, December 1, 2015, which is known as "Giving Tuesday." Many non-profit charities launch end-of-year giving campaigns

on the Tuesday after Thanksgiving weekend to fundraise for their organizations. Many thanks to the Hunter Foundation for its generosity!



Children and parents took turns snapping photos with Santa's elves in front of the Christmas tree at St. Joseph's Plaza.



Families from Harmony House and other NCC programs attended the holiday dinner hosted by Wendy Williams' charity, the Hunter Foundation.



Santa Claus and Mrs. Claus were on hand to greet each child and give them a gift.



The gifts included toy cars, dolls, coloring books, games and more.



Wendy Williams, center back, and the youth of New Community Harmony House.



Harmony House is a transitional housing facility in Newark for homeless families where residents receive support from caseworkers to ultimately reach self-sufficiency.

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

Bringing Joy To Her World: NCC Resident Hosts Party, Helps Neighbors



Santa Claus dances with the children whose families reside at New Community Sussex Gardens.

Gwen Williams keeps a watchful eye on the goings on at New Community Sussex Gardens. She's the type of resident who knows her neighbors by name and stops to ask about the welfare of their loved ones.

Williams goes the extra mile.

"It's in her heart. It's who she is," said Nakesha Dunn, who lives at Sussex Gardens with her four children. "She doesn't even have to know you."

A longtime resident of Sussex Gardens, a New Community residential complex for families located at 78 North Sixth St. in Newark, Williams recently played host to a building-wide Christmas party, all financed through the generosity of her heart.

"She took it upon herself to have something in the building for the kids," said Dorothy Artis, a care coordinator for the Department of Health and Social Services who primarily works with residents of NCC's family housing units.

Williams has become something of a professional at throwing holiday get-togethers. She's been hosting holiday parties at her building for more than a decade. In the days leading up to the festivities, she plans the menu, purchases craft supplies, hangs the decorations and selects music to set just the right tone.

When the evening of the Christmas party finally arrives, Williams pauses to remind everyone that the celebration of Christmas has a specific purpose.

"It's about Jesus," she says with a warm smile as the festivities begin. Williams previously worked for NCC's Security Department. She now works as a home health aide.

Recently, Dunn said that Williams helped her cope through a difficult period in her life. Williams does not hesitate to offer her neighbors a helping hand but it's more than that, Dunn said. It's her warm and gentle touch and her sincere care when she asks, "Is everything okay?"

"I finally had somebody who humanly felt my pain," Dunn, 43, said. "She has an open, willing heart that draws you in."



"She's just a genuinely giving person," Nakesha Dunn, left, said of her neighbor Gwen Williams, who hosted the party for their entire building.



Each child feasted on hot dogs and tater tots. The parents enjoyed a dinner of baked chicken and sides.



Children decorated stockings and Christmas trees with glitter glue, candy canes and other embellishments.



Gwen Williams, center, leads the dancing during the holiday party.



Residents of the building enjoyed dinner, dessert, holiday crafts and dancing.

Angels We Have Heard On High: Joi's Angels At NCC



Touched by an angel: The residents of New Community Associates enjoyed a holiday party hosted by Joi's Angels, an East Orange-based inner city emergency service program that serves Essex and Union counties. Volunteers from Joi's Angels provided musical entertainment (solo and group performances), dinner as well as prizes and gifts, and brought a true holiday spirit to the seniors and disabled adults residing at 180 South Orange Ave. in Newark. **Photos courtesy of Angeli Martinez.**

Social Security News

Social Security Evolves To Serve Customers

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

Social Security is at the forefront of adapting and meeting the ever-changing needs of our customers. Technology plays an important role in helping us provide the world-class customer service America expects and deserves. And we're changing to keep current with new laws and judicial rulings as well.

One way we've evolved is by developing the my Social Security account. Once you enroll for a free account at www.socialsecurity.gov/myaccount, Social Security can help you estimate your future retirement or disability benefits, or manage them if you are already receiving benefits. You can do all of this easily and securely from the comfort of your home or office.

Social Security listens to your needs as we improve the technologies that enhance the customer experience. We continue to look for new services to add to my Social Security to make it an even more powerful resource for you and your family.

Another way we're evolving is by adapting to legal and social changes. In 1935, when Social Security was created, the definition of "family" was different than it is today. On June 26, 2015, the Supreme Court issued a decision in *Obergefell v. Hodges*, holding that same-sex couples have a constitutional right to marry in all states. As a result, more same-sex couples will be recognized as married for purposes of determining entitlement to Social Security benefits or eligibility for Supplemental Security Income (SSI) payments.

Not only have we adapted to provide benefits for same-sex spouses, but transgender people can now change the gender marker on their Social Security records based on identity, with no requirement for reassignment surgery.

Our mission at Social Security is to deliver services that meet the changing needs of the public. By keeping the public informed of their benefit estimates with my Social Security and adapting to our changing society, we will continue to achieve our goals and help you achieve yours. No matter who you are, you deserve the benefits of Social Security. **Find out more at www.socialsecurity.gov.**

**New Community
Wishes You
A Happy New Year!**

SENIOR SPOTLIGHT: Sharon Williamson



As a child, Sharon Williamson grew up spending her summers in North Carolina and now is known for having a green thumb.

The pasta sauce and garden salads made in Sharon Williamson's kitchen are as fresh as they come.

That's because Williamson, a resident of New Community Douglas Homes, picks her tomatoes and cucumbers straight from the garden that she tends in the backyard of her NCC residence at 15 Hill St. in Newark.

She's not the only one who reaps the benefits of the harvest, according to Care Coordinator Luz Toro.

"During the summer months, Mrs. Williamson beautifies our yard with fruits and vegetables that she grows herself and shares it with the rest of our seniors," she said.

"What makes her stand out is her love for nature and her kindness. She beautifies the building's lobby and offices with beautiful plants that she cares for all year round," Toro added of Williamson, who moved into Douglas Homes in 2008.

In addition to gardening during the daytime, 57-year-old Williamson works evenings part time in guest services at the Prudential Center. Her job has given her opportunities to see performers such as Patti LaBelle, Tina Turner and the Rolling Stones, she said.

Williamson adopted a green thumb early in her life. Born and raised in Newark, Williamson said she grew up spending her summers in North Carolina, where she harvested tobacco on her grandfather's farm, first picking, then tying the tobacco onto sticks and finally drying them in a barn.

Until she became a teenager, Williamson spent time on the farm each year, surrounded by fresh produce such as bell peppers and melons as well as pecan trees, peach trees, rice fields (in the woods) and pigs.

At Douglas Homes, she grows strawberries and even ambitiously attempted other items. "I tried corn but the squirrels eat them up," she said, noting that the stalks grew several feet tall. Her fellow residents occasionally help pull weeds. Others simply like to observe her growing garden.

Previously, Williamson and her husband, who also lives at Douglas Homes, ran a landscaping business together. For more than 15 years, they landscaped properties primarily in the Weequahic section of the city, but also ventured beyond Newark to Linden, Rahway and Roselle, she said.

Williamson and her husband have seven children. In her free time, she watches the popular television series "The Walking Dead" and enjoys going on the annual trip down the shore organized by Health and Social Services.

vna Health Group
Visiting Nurse Association Health & Hospice

Wellness Tip
January, 2016

Getting a **comprehensive physical** checkup **every year** is an important part of staying healthy and preventing complications that could lead to more serious disease down the road, which could also be more expensive and painful to treat.

PREVENTATIVE MEASURES

When you reach the age of 50, checkups and screenings should be done more frequently. These should include:

Immunizations
Blood Pressure
Cholesterol
Moles/Freckles

Weight Check
Colonoscopy
Blood Sugar
Vision Check

STAYING HEALTHY IS UP TO YOU

This New Year, make it your goal to stay healthy for yourself and your family. Make appointments for check ups annually. You can do this every year on your birthday as gift of health to yourself. Your reward will be a more healthy and better quality of life!

WHAT TESTS DO I NEED?

Complete Blood Count & Differential: Measures red and white blood cells and platelets. Results can indicate anemia, trouble with bone marrow or general illness.

Chemistry Panel: This test indicated how well your kidneys and liver are functioning as well as measures blood glucose level (used to confirm and monitor diabetes.)

Lipid Panel: You must fast before taking this test. It measures all cholesterol and triglycerides.

Urinalysis: Test may be able to detect unseen problems such as blood in urine.

If you have not done so yet, make sure you enroll for health insurance in 2016. Adults age 50 and above should consider these preventative measures when visiting their doctor for annual physicals and checkups.

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

Source: www.webmd.com and www.drweil.com

Rockin' Around The Christmas Tree: Celebrities Bring Gifts To Harmony House Youth



Deanna Brown Thomas, seated center, the daughter of the "Godfather of Soul," James Brown, greets the youth of Harmony House



Rapper Ja Rule, right, with Harmony House resident Jude Rouse, left, and his brand new bicycle.



Breakout star Shanice Williams, also known as Dorothy on NBC's "The Wiz Live!"



The children of Harmony House played a game where they passed gifts in a circle and got to keep the one in their hands when the music stopped.

It's hard to imagine James Brown, the legendary Godfather of Soul, as a down-and-out kid. But his daughter, Deanna Brown Thomas, said that her father grew up as a child without a lot.

"He didn't let that stop him," she said to a group of Harmony House youth during a recent Christmas party hosted at the transitional housing facility in Newark for homeless families. The James Brown Family Foundation threw a Christmas party filled with food, games, music and gifts, and brought along some big name celebrities as an extra treat.

Grammy nominated rapper Ja Rule made a guest appearance and helped to distribute more than 20 bicycles donated by the James Brown Family Foundation to the children. He was accompanied by his wife, Aisha, and two sons, who star on the MTV reality show "Follow The

Rules."

Harmony House youth cheered for Shanice Williams when she entered the room. The Rahway native and breakout star of NBC's "The Wiz Live!" was on hand to also help distribute bicycles and wish the youth a happy holiday.

The bicycles were kept out of sight as a surprise. For the big reveal, the celebrity guests briefly disappeared behind the room divider and after a countdown, Youth Coordinator Angela Hall parted the divider, which elicited excited screams from the children.

Harmony House serves homeless families, with the primary goal of helping families move from homelessness to permanent housing and, ultimately, to self-sufficiency. The average stay for a family ranges from six to nine months.

Shalom Rouse, 10, said he was excited to give his new bike a test drive. "I'm gonna ride it," he said, grinning as he gripped the handle bars.

For dinner, children such as 11-year-old Ashley Green enjoyed pizza and juice. Afterwards, the youth gathered in the activity room for caroling and games.

The youth and staff of Harmony House closed out the evening with a big "thank you" to the foundation and the celebrity guests who attended. But before ending the evening, Brown Thomas opened several boxes of fluffy, baseball-sized balls and battled with the children in an impromptu indoor snowball fight.

For Brown Thomas, relaying a Christmas message of hope and encouragement to the youth

was her main message. "If you don't respect yourself, nobody's going to respect you," she said, urging the youth to stay in school and listen to their elders.

"I love you and God loves you. Merry Christmas," Brown Thomas added.



The children also received stockings stuffed with presents.



More than 20 children from Harmony House received gifts including brand new bicycles generously donated by the James Brown Family Foundation.

Ho, Ho, Ho: Jolly Man In Red Suit Greets Youth At Breakfast



NCC Youth Services hosted its annual Breakfast With Santa, where Director Edward Morris, his staff and volunteers prepared breakfast and gifts for more than 150 youth.



Children enjoyed a free breakfast of pancakes, sausage, potatoes and juice, and parents were also treated to bagels and pastries.



Each child that attended the holiday breakfast received a framed photo with Santa Claus as well as a toy, which was donated by New Community.



Care That's Saving Lives

University Hospital (UH) is very proud to provide amazing medicine to the Newark community. Successful outcomes happen there every day. Here are three stories of patients who are once again enjoying life, thanks to University Hospital.

Charisse Smullen



Charisse Smullen came to University Hospital after doctors told her the malignant tumor in her pelvis was inoperable. She had already had one pelvic tumor removed while she was living in Virginia. But when the second one occurred, doctors there said the location made it impossible to reach.

The 35-year-old mother of a young son was not willing to settle for that diagnosis. She moved back to her native Newark to be close to her family and went to University Hospital. There members of the orthopaedics department told her they could and would remove the tumor and get her back on her feet.

It was a long haul, but Smullen was determined. After recovering from surgery, she did months of physical therapy. "The doctors at University Hospital were wonderful," she says. "They explained everything to me in language that I could understand. And they encouraged me, telling me I would walk again. And here I am using only one cane, which I plan to get

Wayne Nash



rid of soon. University Hospital gave me my life back."

Wayne Nash could never have imagined that the defibrillators he suggested be installed at his workplace would one day save his own life.

Not long after the life-saving apparatus was in place, Nash suffered sudden cardiac death at his Newark office. His coworkers revived him, and he was rushed to University Hospital. There cardiologists used therapeutic hypothermic on Nash, a treatment that cools the body's core

temperature to minimize cell damage to the brain and all of the body's organs.

Not only did Nash survive, he is back to enjoying a full, happy life. And he can't say enough good things about University Hospital. "My physician was the epitome of a caring person, as well as a consummate doctor," he says. "But that was true of everybody at University Hospital. The nurses, the technicians, absolutely everybody. It was just amazing care."

Jacky Homes



It was Christmas Eve when Jacky Holmes Goodwin knew something was terribly wrong. He was on his way to share a midnight meal with a friend and could barely breathe. Each step zapped more and more of his energy. After laboriously climbing a flight of stairs to his friend's front door, he collapsed.

Holmes's friend got him to University Hospital's Level I Trauma Center, where cardiologists determined he had suffered a heart attack, and his heart was only pumping at 20 percent capacity. He was experiencing congestive heart failure, a chronic condition in which the heart doesn't pump as efficiently as it should.

Doctors got Holmes on a regimen of medication and told him about University Hospital's Healthy Heart Program. The program helps heart failure patients, like Holmes, to successfully care for themselves at home. A multidisciplinary team of healthcare providers, including pharmacists, dieticians and advance practice nurses, work with cardiologists to ensure that patients understand every facet of caring for themselves. Those in the program also get help making necessary lifestyle changes, such as no longer smoking, eating a healthy diet and doing regular exercise.

"I learned so many things through the Health Heart program," says Holmes. "For example, I didn't know which foods were good for your heart and which ones were not. And I didn't know how important exercise is to good health." Holmes has become a pacesetter for a walk he takes every Sunday morning with a group of friends. "I feel so much better since I started the program," he says. "I feel like I'm 21 again."

To view videos of these and other successful patient stories go to: http://www.uhnj.org/patient_experience/index.htm.

If you or someone you know is looking for a physician or needs a specialized medical service, please go to the University Hospital website at <http://www.uhnj.org> and click on "Find a Physician" or "Our Services" at the top.

New Community Is Hiring: Open Positions

New Community is hiring for the following open positions. If you are interested in applying, submit your resume to human.resources@newcommunity.org or fax 973-639-7866 (no phone calls please).

Due to the volume of applications, NCC will only contact candidates of interest. NCC is an equal opportunity employer. For more details on the requirement of each position, visit www.newcommunity.org/human-resources/employment-opportunities.

Licensed Clinical Supervisor

Full Time - 40 hours

Under the general direction of the Family Service Bureau of Newark's executive director, the Licensed Clinical Supervisor will be responsible for the clinical services provided by the Family Service Bureau under various contract sources, such as, Division of Mental Health and Addiction Services and contracts at the county, state and federal level. Promote the agency mission in all service delivery, ensuring quality and efficiency of services provided. Ideal qualities and experience include, but are not limited to: Master's Degree in mental health field and LCSW; active credentials to supervise in accordance with NJ clinical guidelines; at least five years of supervisory and program administration experience; at least three to five years in Community Mental Health and/or Child Welfare with substance abuse experience a plus.

Management: Property Manager

Full Time - 40 hours

Will partner with the Occupancy Specialist to ensure that apartments are leased in accordance with the guidelines, procedures, and regulations set forth by the Department of Housing and Urban Development (HUD) and NCC. The PM will be required to implement, design and maintain a resident retention program, including, but not limited to, processing reports, conducting daily/annual inspections and monitoring to ensure all safety policies are followed according to Occupational Safety and Health Act (OSHA).

Environmental Services: Superintendent

Full Time - 40 hours

Must be skilled in plumbing, carpentry, painting, and electrical. Assume leadership, work diplomatically to solve repair problems in the building, maintain exterior grounds, and maintenance of boiler room; be responsive to residents and be able to work as a team member with Building Manager and Environmental Services Department.

Harmony House: Case Manager

Full Time - 40 hours

Responsibilities include under the general supervision of the program administrator, case management services to program participants; ensuring that the program is operating in compliance with all contractual requirements including but not limited to data entry using Homeless Management Information System (HMIS), program rules and standards.

All I Want For Christmas: Scenes From NCC Security Festivities



Fancy and out of uniform, members of the New Community Security Department dressed to impress for their holiday party.



Prentiss Thompson, left, director of NCC Security, and Board Member Madge Wilson enjoy dinner.



The security staff, their guests and other NCC employees celebrated together at St. Joseph Plaza.

Sights And Sounds Of Holidays At NCC Hudson Senior



Residents of New Community Hudson Senior, located in Jersey City, enjoyed a holiday party filled with food, music and merriment. The luncheon was catered by Rita and Joe's Italian Restaurant in Jersey City.



Going native: Hudson Senior resident Gladys Londono set up a full-fledged village as part of the building's annual nativity scene, which celebrates and depicts the birth of Jesus Christ.



Residents of the senior and disabled adult building accomplished their holiday shopping at Macy's, among other stores, on a trip to Garden State Plaza in Paramus.

FAMILY SERVICE BUREAU OF NEWARK

Former FSB Director Heads All Health and Human Services At NCC



Arti Kakkar and Dr. Sam Pirozzi.

Rohrman said.

Kakkar echoed Rohrman's sentiments that the goal is to better serve clients and residents by making sure that NCC departments that naturally overlap in their services are functionally working together.

"We are trying to do the wraparound here so everything is under one roof," Kakkar said.

Filling Kakkar's former role at FSB is Dr. Sam Pirozzi, who officially joined New Community as the executive director of FSB on Dec. 1, 2015.

Pirozzi comes to NCC with more than 30 years of experience, both in clinical and private practice, with a specialty in substance abuse and mental health. Pirozzi expressed enthusiasm for the NCC executive team's vision to coordinate the services of the network's Health and Human Services departments, including both the FSB sites in Newark and Kearny, which Pirozzi will oversee.

"If you can treat the person in a holistic way," he said, "they're in much better hands."

"Dr. Pirozzi has long been committed to serving those who need professional counseling, and therapy and has a great deal of experience working with men, women, youth and families. His background makes him an ideal fit for leading the Family Service Bureau, an NCC affiliate, in providing mental health and substance abuse outpatient services," Rohrman said.

Prior to NCC, Pirozzi said he worked at a behavioral health and substance abuse center

for women based in Morris County. He is also an adjunct faculty member at William Paterson University, where he teaches courses on counseling.

One of his goals is to reduce the stigma that still lingers around the topic of mental health, Pirozzi said. As part of that goal, he aims to attract more NCC employees to take advantage of FSB's services and avail themselves of free offerings, such as the Employee Assistance Program.

In a strategic move to better serve its clients and residents, New Community Corporation is restructuring several departments and installing new leadership in key positions.

Six departments that encompass the areas of health, human services and social services now fall under the supervision of a new chief of health and human services. Arti Kakkar, formerly the executive director of the Family Service Bureau, officially took on her new role as Chief of Health and Human Services on Dec. 1, 2015. Kakkar, who started at FSB 13 years ago, now oversees the departments of Health and Social Services, the two early learning centers, FSB, Harmony House and Youth Services.

"Arti's new role helps to better coordinate the services that New Community provides in the areas of health and human services. This move points back to NCC's mission of providing services 'under one roof' and making sure that no one slips between the cracks," CEO Richard

Harmony House Jewelry Sale Supports Youth, Careers



Case Manager Rachel Manyange, left, oversees a table display of jewelry.



Angela Hall, youth coordinator at Harmony House, organizes the earrings and rings on display.

Harmony House recently hosted a jewelry sale to support its programs, including the Youth After School Program and Career Cafe. Necklace and earring sets, rings and bracelets donated by Burlington Coat Factory were sold for reasonable prices during the holiday gift giving season. The Career Cafe program, which launched in October of 2015, offers Harmony House's adult residents with education and career assessments as well as informational workshops.

Generous Donors Contribute Toys, Turkeys To Many Families



St. Rose of Lima Academy in Short Hills contributed gifts and toys to New Community's holiday toy drive, which is spearheaded each year by Madge Wilson, board member and outreach coordinator.



During the Thanksgiving season, St. Rose of Lima Academy in Short Hills also donated turkeys to Wilson's turkey drive, which provided many families with a holiday meal.



The Millburn Fire Department contributed a truckload of toys that Wilson collected and distributed to needy families during the Christmas season.

Deck The Halls: NCC Board, Staff Celebrate Festivities



From left: Monsignor William J. Linder, founder and board chairman of NCC, Richard Cammarieri, director of special projects, and Dr. A. Zachary Yamba, board member.



Board members Fernando Colon, left, and Migdalia Martinez, as well as NCC staff, gathered for a festive dinner at St. Joseph Plaza.



Board treasurer Edgar Nemorin, left, and his wife, Nancy. The evening included, dinner, music and dessert.



Clockwise from left: Cecilia Faulk, Richard Rohrman, CEO, Leroy Faulks, Madge Wilson, board member, and Monsignor William J. Linder, founder and board chair.

New Year, Old Habits?

By Lesley Leslie



As we settle into the start of the New Year, many people have already determined which of their New Year's resolutions will not make it past the end of January.

The start of any major project or lifestyle change usually presents an idealistic view of what that goal may look like once it has been attained. There is an excitement that the imagination allows one to experience when you envision something better for yourself.

Maybe it is a "healthier you," or a "college-educated you." You may be visualizing a "wealthier you" or "happier you." However, all of the "new you's" that you aspire to be require significant effort on your part.

Many of the things that you want to attain

in life that will change the way you see yourself require you to break some of the habit-forming behaviors that have led to your current life situation. According to neuroscientist Elliot Berkman, "It's much easier to start doing something new than to stop doing something habitual without a replacement behavior."

For instance, if you have a goal to lose weight because you want to be healthier and live longer, you may incorporate a replacement behavior such as eating raw vegetables, instead of potato chips, when you sit down to watch your favorite evening television program. You stand a better chance of breaking that habit if you align your reason for doing it with a personal value. Old habits may die hard, but if the habit is detrimental to your success in life, you have to kill it! That habit has to die! Happy New Year!

"A habit is something you can do without thinking — which is why most of us have so many of them." - Frank A. Clark

NCC Students Walk For Diabetes Awareness



Students and staff from Harmony House Early Learning Center held a fundraising walk to raise support and awareness of diabetes.



HHELIC sold grey ribbons to raise money for Newark Beth Israel Medical Center and children with diabetes.



According to the American Diabetes Association, diabetes remains the seventh leading cause of death in the United States in 2010.



Regarding youth, the ADA reports that 208,000 Americans under the age of 20 are estimated to have diagnosed diabetes.

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Caroling, Sweet Gathering At NCC Gardens Senior



Edward Morris, standing far back left, and his staff from NCC Youth Services, coordinate the annual caroling festivities at NCC's senior buildings.



Students from New Horizons Community Charter School sang carols for the residents of New Community Gardens Senior the week of Christmas.



Carol Morris, a resident of Gardens Senior, prepared an array of baked goods for the youth and residents to enjoy.

Brrrr, It's (Ugly) Sweater Weather!



New Community's Finance Department hosted a holiday party where attendees were invited to don their ugliest sweaters while making merry. From left: Sarah Rolon, LaTonya Ford (ugly sweater contest winner), Angela Williams, Robertina Lusamba and Alexandra Solano. Honorable mention: Tony Tolles (not pictured).

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