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Helping People Move Forward

Estate of Robert Collins Helps NewBridge's Outreach, Education Efforts

A recent bequest from the Estate of Robert Collins of Kinnelon to NewBridge Services, Inc., will better enable NewBridge to further invest in its community outreach and education efforts as it works to bring balance to the lives of the people in Morris and Passaic counties.

"We are extremely grateful that the Estate of Robert Collins selected NewBridge to receive this generous gift," said Robert L. Parker, Executive Director, NewBridge. "Planned giving is one of the many ways that community residents can support NewBridge. Thanks to this generous financial donation we are better able to enrich the lives of others and continue on our mission of helping people move forward."

For those interested in supporting NewBridge, bequests are the most common form of planned giving. Life income agreements are an alternative that may be more suited to an individual's circumstances. For many, it is a joy to remember charitable organizations in their estate planning. Supporting specific causes and organizations that are close to one's heart not only gives a person the chance to give back to an organization that has helped them it is also an chance to express one's personal values.

To request further information about Planned Giving to NewBridge, please contact the Development Office at NewBridge at 973.839.2521 x259.

DID YOU KNOW?

Points to Consider when writing your will:

- Make sure your money and property will be used as YOU want
- Appoint someone you trust to manage your financial affairs
- Provide for your family and friends - and help avoid unnecessary arguments
- Support the causes and charities that are close to your heart
- Reduce estate and inheritance taxes

Questions about estate planning?
Please contact the Development Office at 973.839.2521 x259.



NewBridge

Helping People Move Forward

Serving Morris and Passaic Counties

March 2004

Trunfio, Davis, Reinstras To Be Honored

NewBridge Services, Inc. will recognize four New Jersey residents who have shown a life-long commitment to bringing balance to the lives of people in our communities. **Joseph Trunfio, Ph.D.**, President and CEO, Atlantic Health Systems, **Theresa Davis**, Director, Morris County Division on Aging, Disabilities and Veteran's Services, and **Pastor Andrew and Mae Rienstra** of Pompton Plains, NJ, will be the recipients of NewBridge Services' 2004 *Helping People Move Forward* Awards. The awards will be presented during NewBridge's Fourth Annual Gala, Swing Into Spring, which will be held at the Knoll Country Club West, Parsippany, NJ, on April 16, 2004.

Trunfio, a mainstay in the healthcare industry for the past 30 years, is being recognized for his continued commitment to championing community mental health services. A pioneer in the industry, Trunfio has helped define the way behavioral health services are offered, maintained, and accessed today. He has been actively involved in developing innovative and creative programs that empower people and enhance their overall quality of life.

Davis, a 25-year industry veteran, is being recognized for her contributions to improving the quality of life of senior citizens in Morris County. Davis has been integral in securing funding for numerous programs, and, by extension, helping the eldest members of Morris County find the resources and support they need. She has continually gone beyond her professional responsibilities to help senior citizens continue to live independent, productive lives and has been instrumental in ensuring that many do so in the comfort of their own homes.

Avid supporters of helping those with mental illness achieve independence and attain community acceptance, Pastor Andrew and Mae Rienstra are being recognized for their continuous contributions and dedication in helping secure affordable housing for area residents. In addition, the Rienstra's are long-standing personal advocates of ensuring that New Jersey residents have access to quality mental health services and educational programs.

"This year's honorees were chosen for their life-long dedication and continuous commitment in perpetuating the benefits of ensuring that accessible, quality life-balancing services are available and the necessary support systems are in place to help those in need," said Robert L. Parker, Executive Director of NewBridge. "We are proud to recognize them for their tireless dedication and are fortunate that they continue to take the time and energy to devote to community health causes in our area that benefit all facets of the community."

In addition to the individual honorees chosen this year, NewBridge will also celebrate the publishing of the book, "What Children Need When They Grieve" written by Julia Wilcox Rathkey, who has benefited from the services and programs that NewBridge offers. As the keynote speaker of the evening, Rathkey will share her moving, personal account of the loss of her husband at the World Trade Center on September 11, 2001 and the way she and her three children, with the support of friends and community, were able to move forward and heal.



As another year passes, I look back over 2003 and am extremely grateful for the continual support that NewBridge Services receives

from so many people in our community. That support continues to grow as NewBridge expands our programs to better serve those in Morris and Passaic counties.

Thanks to the loyal supporters and new friends who are continually discovering the realm of life-balancing services that NewBridge offers, we are able to provide our community with the high-quality services they deserve. None of which would be possible without the assistance we receive and I wish to take this opportunity to acknowledge your contribution to NewBridge and to thank you for your support. I look forward to your continued friendship.

By recognizing the value of our services and demonstrating your support, our winter request for contributions generated our greatest response to date. All donations are lending direct support to our programs and, thus, are positively impacting those within the community who rely on NewBridge to help them move forward in their lives.

We look forward to a successful 2004 and remain committed to providing the highest quality services for which NewBridge is known. Thank you for helping us help others.

With warmest regards,

Robert L. Parker
Executive Director

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NewBridge Receives \$692,000 Housing Grant

NewBridge Services, Inc., has recently been awarded a \$692,000 grant from the U.S. Department of Housing and Urban Development (HUD) to provide permanent, affordable housing in Morris County. In addition, NewBridge has been recommended to receive \$97,000 in capital funds from the Morris County HOME Program to further support this initiative.



These grants will cover the purchase of two single-family homes, each of which will be leased to two low- or moderate-income Morris County residents, who have demonstrated their ability to live independently and successfully manage their mental illness. HUD has provided 40 years of rental assistance to ensure that the housing remains affordable to the tenants. NewBridge, in cooperation with the NewBridge Passaic-Morris Family Work Group, will operate and maintain the homes.

"Today, millions of Americans are affected by mental health illnesses, including numerous individuals and families in Morris County," said Congressman Rodney Frelinghuysen. "I have long fought to provide individuals with disabilities with the necessary funding to afford decent, accessible housing. To help some enjoy a better livelihood, this grant puts them on a path to a healthier, more self-sufficient lifestyle through greater housing opportunities."

NewBridge has been involved in providing supportive housing options to area residents for the past five years. Through a series of grants and funding mechanisms, NewBridge currently operates supportive housing programs in Morris and Passaic counties, leasing homes and apartments to 15 county residents. In 1999, in response to a public concern for lack of viable, affordable housing for those with mental illness, NewBridge created the NewBridge Passaic-Morris Family Work Group. The Work Group has reviewed and studied various options and, to date, has created four different funding and housing models that serve as an example for others throughout the country.

"Thanks to medical advances and other clinical improvements, people with this disability have demonstrated the ability to live in their own home," said Robert L. Parker, Executive Director of NewBridge. "NewBridge's Supportive Housing initiative is helping those people complete the path to independence by providing affordable housing options that empower them to live self-sufficient, productive lives."

Trunfio, Davis, Reinstras To Be Honored Continued from page 1

The annual Gala -- themed Swing Into Spring -- promotes advocacy and raises awareness of relevant community issues as well as generates funds for NewBridge's programs and services. The event recognizes individuals who act in accordance with NewBridge's mission of *Helping People Move Forward*. In addition to dinner and dancing to the music of the Gary Setzer Band, the evening will also offer gift basket and vacation raffles.

For more information regarding the Swing Into Spring Gala, including ad journal and sponsorship opportunities, tickets, or volunteering for the Gala committee, please contact Courtney Naughton at 973-839-2521, ext. 259.

NewBridge Recognized for Commitment to Supportive Housing

NewBridge Services, Inc. was recently recognized by the Supportive Housing Association of New Jersey (SHANJ) and the Corporation for Supportive Housing (CSH) for its "enthusiastic and persistent support of the supportive housing movement for people with disabilities in New Jersey." The honor was bestowed on NewBridge during a statewide housing conference that focused on the development and support of permanent housing opportunities for those with disabilities.

NewBridge was specifically recognized for its commitment to strengthening the capacity of SHANJ's member organizations; providing supportive housing services through information, training, and collaboration; promoting systems change to provide more flexible funding and increased mainstream housing opportunities; and educating policy makers, elected officials, and the public on the use and benefits of the supportive housing model.

"NewBridge remains committed to helping people in Morris and Passaic counties move forward," said Robert L. Parker, Executive Director, NewBridge Services. "We strive to provide progressive options for residents to help them live independent, productive lives and are pleased that our efforts have been recognized by both the Supportive Housing Association of New Jersey and the Corporation for Supportive Housing."

NewBridge has been offering a creative and innovative approach to permanent, supportive housing since 1999. Its housing philosophy -- to provide opportunities for people with disabilities to secure quality, affordable housing -- is brought to bear by the NewBridge Family Housing Work Group. The Work Group is comprised of family members with disabled adult children and has been providing permanent housing since 2000 through a variety of capital funding opportunities. Currently, NewBridge is providing supportive housing to 15 residents in Morris and Passaic counties.

How is Your Child Doing?

The school year is in full swing. Now, with the holidays behind us and the final dismissal bell just a few months away, it is the perfect time for parents to do a mid-year checkup to make sure their children are on track-emotionally!

"Changes in behavior can be the first sign that your child is under stress or that there are underlying problems," said Michelle Borden, LCSW, Associate Executive Director, NewBridge Services, Inc. "But not all behavioral changes should raise red flags, some are natural indicators that your child is maturing, developing new communication skills and coping with situations differently. Knowing the difference is critical for parents.

Understanding where your child has been emotionally will help you understand where he is headed. Consider the following:

At the beginning of the school year:

- What were your child's sleeping and eating habits?
- How did he play with others, follow directions, show emotions?
- Did he talk about school, teachers or classmates?
- Did he look forward to school?
- Was he able to manage problems in an age-appropriate manner without resorting to temper tantrums or blaming others?

Now, think about how your child does those same things now. Have there been any drastic changes in the past six months? Potential areas of concern include:

- Changes in sleep patterns or eating habits
- Reluctance to go to school, get homework done or show school work
- Fearfulness
- Changes in social habits that include staying alone or becoming more "clingy"
- Reluctance to discuss school happenings

If your child is generally unhappy or has significant behavioral changes that have you concerned, help is available. Your child's school or a local, independent agency, such as NewBridge, can help. Addressing the situation is the best thing you can do for your child. Not only does it show the life-long skill of how to confront and address potentially difficult situations effectively, it may also remove a barrier to learning.

Children need to feel safe and confident to succeed academically. Parents can help by ensuring that their child has the most optimal learning environment possible. Being involved and being in tune with your child will help him develop critical behavioral skills that will help him successfully reach the end of the school year and beyond.



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NewBridge Services, Inc. is a non-profit community organization that has been providing services and education programs to the children, adolescents, adults and seniors of Morris and Passaic counties since 1963 in order to bring balance to their lives. By listening to the needs of the community, NewBridge has consistently provided the highest quality programs including mental health, substance abuse, and housing programs as well as child, youth and senior services. For further information on our services, to contact our health professionals, or to make a contribution to the NewBridge Fund, please call us at 973-839-2520, or visit our web site at www.newbridge.org.



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