



NewBridge

Helping People Move Forward

Serving Morris and Passaic Counties

August 2005

Transition to college affects many families

They have their hot plate, their towels, their notebooks, and they're ready to go. College freshmen are heading to dormitories and preparing to experience total independence for the first time.

The profound transition to college involves new beginnings, goodbyes and letting go, all for a greater good—an education that will serve students well in both career and life.

For students, exhilaration mixes with terror as they leave behind everything familiar for a new world in which they alone are responsible for decision making—choices that will impact the adult they become.

For families, a whole gamut of emotions runs close to the surface, as loved ones begin a life without their teen under the roof.

"I brought her to school, helped her unpack, cheerfully waved goodbye, then cried the whole trip home," said Mary Hofmann, of sending her first of four daughters to college. She acknowledges that however difficult, letting go gives everyone the chance to grow and learn.

Although an exciting time, times like this can try our emotions. Experts remind us to communicate our fears and hopes with a trusted friend. But if emotions become more than we can handle, talking with a professional can help.

In the meantime, whether you're a student or a parent adjusting to the changes that college brings, read our valuable tip section, "College adjustments 101," on page 3 or visit our website at www.newbridge.org.

Dear Friends,

Have you gone for a swim this summer? Have you helped a child catch fireflies in a jar?



This summer, hopefully you have taken time to enjoy the warm weather and some time savoring the gifts of summer—whether it be a day at the beach, or a balmy evening at a baseball game. Maybe you've tended a garden and grown some corn or tomatoes. No matter how hectic your summer schedule, the time you spend enjoying friends, family and summer are the days you'll truly look back on with fondness. And here in the Northeast we know that summer is fleeting—before we know it, the weather will become cooler and the leaves will begin to turn, just as the first school bus turns the corner.

As I make a commitment to myself to do the same, I ask you to put down the work and get out there today, to cook outdoors and eat outdoors, to walk your dog, to smell the flowers, to take time to enjoy the best of what this season has to offer.

You won't be sorry.

Robert L. Parker, Executive Director
parker@newbridge.org

34 graduate NewBridge 70001 JOBS PLUS



Thirty-four young men and women from 19 Morris County communities celebrated their success at the 2005 commencement ceremony of NewBridge 70001 JOBS PLUS, held on June 22. This NewBridge program helps high school dropouts earn their state-issued high school diploma, job training and placement. **Verizon** and **North Fork Bank** are new supporters of NewBridge 70001 JOBS PLUS.

Inside...

College Tips for Students, Parents ❖ Free Garden Party ❖ Valuable Help for Seniors ❖ Lifetime Achievement Award Winners Named

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NewBridge Services, Inc. is a non-profit community organization that has provided the highest quality mental health, substance abuse, housing, children's and senior services and education programs to Morris and Passaic county residents since 1963.

Whether dealing with stress, grief, or substance abuse or in need of parenting, relationship or caregiving advice, NewBridge offers counseling programs, educational forums and life-enriching services to help children, adolescents, families, couples, adults and senior citizens bring balance to their lives. For more information call 973-839-2520 or visit www.newbridge.org.



Helping People
Move Forward

Administrative Offices:
21 Evans Place
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973-839-2520
www.newbridge.org

Sign up for NewBridge
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In recognition of the volunteer spirit



Top, **Doug Cook** of Pompton Plains receives the NewBridge Lifetime Achievement Award from **Robert L. Parker**, NewBridge Executive Director, at the NewBridge Summer Tribute Picnic on August 3. As an organizer and longtime chairman of the NewBridge Golf Outing, Cook has helped to raise more than \$150,000 for the agency's children's and senior programs. The late **James Ryan** of Pompton Plains was also awarded the NewBridge Lifetime Achievement Award. At bottom, Parker presents the award to Jim's wife **Marie** (right) and his daughter **Deborah King** (center). An original founder of NewBridge in 1963, Ryan helped the organization realize its vision of helping people find balance in their lives. Throughout his life, Ryan gave to his community and to his country. A United States Army veteran, Ryan received the Purple Heart, Silver Star and Bronze Star with Gold Leaf Cluster. Picnic sponsors were **Berlex** and **Montville Township**.



Help for seniors available through SAIL

As a senior, you deserve to live comfortably in your home, with all your needs met. But as you get older, you may need assistance in handling some of life's activities. Maybe you need a home health aide or a ride to the store. Or perhaps your wheelchair is broken and you can't get around. Perhaps you could use help sifting through Medicare paperwork.

Whether you are a senior in need of assistance or a caregiver for an elderly person and could use a helping hand, NewBridge SAIL (Senior Assistance for Independent Living) can help.

Since 1987, NewBridge SAIL has linked seniors in Morris and Passaic counties to the services they need to

remain living independently, at home.

The staff at NewBridge SAIL can assist seniors in applying for services, including:

- ♦ Home health aides
- ♦ Shopping & transportation
- ♦ Legal counseling
- ♦ Counseling
- ♦ Form completion
- ♦ Adult day care
- ♦ Nutrition programs
- ♦ Medication monitoring
- ♦ Home repairs
- ♦ Hospice

To learn more about the free and confidential services of NewBridge SAIL, call (973) 839-2520 and ask to speak with a NewBridge SAIL case manager.

College adjustments 101

10 tips for making the most of the college experience (for students & parents)

Tips for College Students

1. **Be open minded.**
Try new things, get involved, volunteer. This is the best way to meet people and overcome homesickness.
2. **Remember that you don't need to compromise your beliefs** to get along with others.
3. **Be assertive** for your rights as a roommate. You can be kind without being a doormat.
4. **Force yourself to go out** as often as possible. Getting out there is how you get involved.
5. **Fill free time productively.** Before you know it, you'll be too busy. Explore the campus. Take pictures. Read flyers and bulletin boards. Keep a journal or diary.
6. **Set goals for yourself.** Whether your goals are academic, personal or social, strive to succeed in your new world.
7. **Learn how to separate laundry** to avoid turning everything pink.
8. **Lock doors;** you're not in Kansas anymore!
9. **Be the teacher's pet.** Get to know your professors and let them get to know you. Connections with teachers can benefit you for years to come.
10. **Embrace your new**

surroundings. Learn all you can. Every college town has its own unique history and opportunities.

Tips for Parents

1. **Encourage independence.** When your child has questions for the college, encourage him or her to contact the appropriate department. After all, your child will soon be responsible for dealing with the college bureaucracy.
2. **Expect the unexpected when your child leaves for college.** Your child is perhaps torn between not wanting you to leave and being excited for some long-awaited independence.
3. **Give yourself time to adjust** and remember that talking to other parents can be especially helpful.
4. **Reach out to your family,** as everyone else is going through an adjustment as well.
5. **Keep in touch regularly.** Email each other. Set a regular time for a weekly phone call. Mail cards, cookies or clippings from your hometown newspaper.
6. **Learn about college services** so you can help your child. Read university publications to learn of events and available resources.



7. **Encourage involvement.**
8. **Create a scrapbook** of emails and notes and give it to your child at the end of freshman year to remind them of all his/her accomplishments.
9. **When your child comes home,** be a bit flexible with the curfew and different sleep schedule.
10. **Be proactive**—visit your child and attend a college sporting event, then go out to dinner to celebrate.

If you or a loved one is suffering from excessive stress related to this issue, you might benefit from speaking with a professional. Most colleges have counseling services available to students. For local residents, call NewBridge toll-free (888) 746-9333.

Know someone going to college? Have them visit www.newbridge.org to read these tips.



Anthony Cerullo of Towaco proudly displays his painted alligator at the NewBridge Summer Tribute Picnic.

Golf outing tickets, sponsorships available

Join major sponsors **PNC Bank** and **Smith Barney Citigroup**



The 10th Annual NewBridge Golf Outing will be held on Monday, October 10, 2005 at the Knoll Country Club in Parsippany, NJ. Shotgun start is at 12:30 p.m.

Tickets are \$195 each or \$780 per foursome, and include 18 holes of golf,

cart, lunch, dinner, prizes, awards and live auction. Proceeds will benefit NewBridge's children's programs, which helped more than 4,000 local children last year alone.

Sponsorships and tickets are still available by calling Nina McCormack, Development Manager, at (973) 839-2521, ext. 420. For more information, visit www.newbridge.org.



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Helping People Move Forward

Enrich horticultural therapy garden hosts international group

The NewBridge Enrich horticultural therapy garden was the site of a field trip by students from the New York Botanical Garden. Students took a garden tour, observed clients, and learned about horticultural therapy benefits to clients at NewBridge.

The garden, located at 640 Newark Pompton Turnpike in Pompton Plains, NJ, features more than 500 rare and exotic plants from around the world. The garden is free to the visiting public and can be viewed throughout the summer and early fall. For more information on the garden, call **John Beirne**, Enrich Team Leader, NewBridge, at (973) 839-2521, ext. 459.

An event flyer for the NewBridge Enrich Garden Party. The flyer has a decorative border of orange and yellow flowers. The text is centered on a light pink background.

NewBridge
Enrich
Garden Party

September 15, 2005
4:30 p.m. to 7:30 p.m.

Free admission
Tours
Refreshments
Speakers
Photo exhibit & sale

RSVP preferred.
Call Nina McCormack,
Development Manager,
(973) 839-2521, ext. 420.