



NewBridge

Helping People Move Forward

Serving Morris and Passaic county residents since 1963

February 2007

How NewBridge can help

Many resources, caring staff await those who call

Susan had it all, or so it seemed. A supportive family, a promising career, good friends. So when she began slipping into a depression, Susan continued her busy life and blamed "typical work stress" for her unhappiness. Susan began withdrawing from friends and arguing with family. She failed to recognize the signs, until she made an error that nearly cost her job.

A colleague took notice and recommended Susan talk with a professional. Susan came to NewBridge and was diagnosed with depression. And while reluctant to seek help at first, she realized that her feelings were part of a common and treatable problem, and she had found a caring staff of professionals who knew how to help.

Susan is one of the millions of people in the United States with depression. In fact, it is estimated that one in four people have depression in their lives. Though sometimes triggered by specific events—death of a loved one, marital issues or divorce, failure in one's career, seasonal changes, etc.—sometimes depression sets in for no specific reason.

For those who seek help, depression is nearly always treatable. But the majority of those with depression go undiagnosed. Many compensate for the pain through the use of drugs,

Continued on page 2

Dear Friends,



Whoever said that "every little bit helps" had the right idea. When we sent out our Annual Appeal envelope in November, the response far exceeded our expectations. Donations included \$10 sent in by a boy (see page 2). I want that boy, and everyone who donated, to know that you made a difference to Morris and Passaic county residents who are working to find balance in their lives: seniors, youth, families, those living with loss or grief, anger, addictions, and persistent mental illness.

I was moved by your generosity which allows us to keep helping people like Susan (story at left), as well as all the children, men and women we served in 2006 (page 5).

Your response tells me that you see NewBridge as an important part of your community. In return, we commit to respond with innovative programs that maintain the highest possible standards of service and quality, as we gear up for our 44th year helping you to find and keep balance in your life.

Bob Parker

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

Finding an alternate plan to success



Jill Worrall, left, speaks with officials from area school districts at a recent NewBridge 70001 Jobs Plus' Open House. 70001 offers high school dropouts from Morris, Sussex and Warren counties the chance to obtain their high school diploma, job training, and career placement. For more information about this free program, call toll-free (888) 746-9333.

Inside...

Three to be Honored at Gala ❖ Businesses: Link with Summer Help NewBridge Purchases Two Houses ❖ Beat the Blues ❖ and more!

What's new at NewBridge

Unique online gifts benefit great cause

People searching for unique gifts that benefit more than just the recipient need look no further. NewBridge is selling cookbooks, notecards and photographs from its one-of-a-kind horticultural therapy garden on its website store at www.newbridge.org. Proceeds from the sales benefit NewBridge programs for Morris and Passaic county children, adults and seniors.

NewBridge purchases two new homes

In its first real estate transactions since embarking on a mission to provide 100 units of affordable housing to Morris and Passaic county residents, NewBridge has purchased two houses, in Mount Olive and Boonton, NJ.

"These homes will provide affordable housing opportunities to those who otherwise could not afford to live here," said Melody Federico, Director of Housing Development, NewBridge.

Responding to the statewide

effort to combat the state's housing crisis, NewBridge is proud to be playing an active role in providing housing opportunities for everyone in the community.

For more information on NewBridge's Affordable Housing Initiative, call Federico at (973) 839-2521, ext. 250.

Boy gives shopping money to NewBridge

With the lure of iTunes, ringtones and candy bars, one boy could have been tempted to spend his money in other ways. But after purchasing his family Christmas gifts, the 10-year old from Little Falls gave the \$10 remaining to NewBridge.

"Donations like this mean the most," said Robert L. Parker, Executive Director, as he signed a thank you note to the boy.

Donations to NewBridge can be made online at www.newbridge.org.



NewBridge purchased this house last month, the agency's second real estate transaction under its new Affordable Housing Initiative.

Businesses: Summer help at your service

Area businesses seeking summer employees can find trained workers without the cost and effort of recruiting. NewBridge's Summer Youth Employment Program is now accepting requests by companies for summer employees between ages 14 and 17.

For more information, call Jill Worrall, Summer Youth Program Coordinator, at (973) 839-2521, ext. 298.

DID YOU KNOW?

97.9 percent of people surveyed are satisfied with the counseling services they have received at NewBridge. (Oct. 2006 survey)

How NewBridge can help

(continued from page 1)

alcohol, and other outlets. So though depression is easily diagnosed and treated, people need to take the first step toward getting help. They must recognize that the diagnosis is nothing to be ashamed of or

NewBridge gave me my life back. I believe in this organization because it took me from a very dark place, let me know it's OK to be afraid, and gently guided me toward a more positive future. I am not only better now, I am a much better person. Thanks, NewBridge!

afraid of, and that getting help will often significantly change their lives for the better.

In Susan's case, her therapist showed her the consequences of how she was dealing with her depression—strained relations, weight gain, and decreased productivity at work.

Susan responded to counseling and has returned to school to earn her teaching degree. Today Susan is her healthiest and happiest ever.

Susan was able to get help through NewBridge. If you or a loved one feel like you could be getting more out of life, NewBridge can help.

Call toll free (888) 746-9333 or visit www.newbridge.org.

9,500 area residents assisted by NewBridge

Youth programs and counseling utilized most in 2006

“Helping people move forward” is NewBridge’s tagline—a very broad term in an agency that provides services ranging from anti-bullying programs for sixth graders to affordable housing. Overall, NewBridge helped more than 9,500 people “move forward” in 2006.

♦ 117 adults needing homes found NewBridge housing that provides a level of assistance and independence to meet their individual needs.

♦ 344 seniors received links to services that help them live independ-

ently in their own homes through NewBridge SAIL (Senior Assistance for Independent Living).

♦ 278 adults with mental illness worked toward recovery through NewBridge day programs and case management services.

♦ 1,747 parents and teachers learned about issues facing children today as well as strategies for helping to empower and guide children in decision making.

♦ 2,143 individuals participated in NewBridge counseling and support

groups.

♦ 5,291 children were guided toward good self esteem and healthy choices through NewBridge prevention, education and counseling programs.

Additionally, countless families, friends and caregivers found stability and hope because their loved one got the help they needed at NewBridge.

For information about these programs, call toll-free (888) 746-9333 or visit www.newbridge.org.

NewBridge gala to honor three

Monarch Housing, United Way and Chilton Hospital leaders to receive award

Three Morris and Passaic county leaders will be recognized for their lifelong commitment to public service this March when NewBridge presents its annual Helping People Move Forward Award. Richard W. Brown, Executive Director, Monarch Housing Associates; John Franklin, CEO, United Way of Morris County; and Deborah Zastocki, President & CEO, Chilton Memorial Hospital, will receive the 2007 award at *The Magic of NewBridge Annual Gala*.

“This year’s honorees have all made a personal lifetime commitment to helping others,” said Robert L. Parker, Executive Director of NewBridge.



Brown

Brown has 35 years experience in housing development and the management of permanent, affordable and supportive housing. He has worked with NewBridge’s family housing workgroup since 1998, educating agency leaders and family members of those with mental illness on the housing

funding opportunities available to them.

“NewBridge’s affordable housing initiative was inspired by Richard Brown, who has unselfishly shared his time, expertise and commitment to providing housing opportunities for people with special needs and others,” said Parker.



Franklin

“John Franklin is one-of-a-kind—a consummate volunteer with an impressive history of helping others in a roll-up-his-sleeves way,” said Parker. “Morris County residents and organizations have truly benefited from his far-reaching efforts and accomplishments on their behalf.”

An accomplished administrator, nurse, educator and author, Deborah Zastocki joined the ranks of only 25 other female hospital CEOs in New



Zastocki

Jersey in 2004.

“Deborah Zastocki is an extremely focused leader who continually strives to be the best. She brings that level of excellence to all her endeavors

with a goal of improving the quality of healthcare for the residents of Northwest New Jersey,” said Parker.

The Magic of NewBridge will be held on Thursday, March 29, 2007 at the Knoll Country Club in Parsippany. Cocktail hour begins at 6:00 p.m., followed by dinner and awards.

To date, NewBridge welcomes Chilton Memorial Hospital as the Diamond Sponsor for this year’s gala. The Robert D. Collins Fund is a Gold Sponsor, North Fork Foundation and Wyeth are Silver Sponsors, and Janssen, Wall Street Business Products and Washington Mutual are Bronze Sponsors.

To reserve seats or sponsorships, visit www.newbridge.org or call Nina McCormack at (973) 839-2521, ext. 420.

NewBridge offers

Tips for beating mid-winter blues



Eat healthy foods ♦ Go outside: One hour of exercise outside has the same benefits as 2.5 hours of light treatment indoors ♦ Have a friend teach you to knit ♦ Take an evening class ♦ Go snowtubing ♦ Plan fun activities with friends ♦ Resume an old hobby ♦ Plan your vacation for winter rather than summer ♦ Take ceramic classes ♦ Check out library events ♦ Walk the dog ♦ Host movie night with popcorn ♦ Join a gym ♦ Don't stay still ♦ Decorate in warm colors: red, orange and yellow ♦ Play summer music ♦ Cook ribs and mac salad for an indoor barbeque ♦ Adopt a pet ♦ Force spring: Bring forsythia cuttings indoors and put in vase of water (takes about 2 weeks) ♦ Share your feelings ♦ Learn to dance ♦ Order spring bulbs ♦ Try winter's best fruits: oranges, clementines, kumquats, persimmons, pomegranates, and quinces ♦ Meditate ♦ Visit a garden center greenhouse: They are kept warm and sunny ♦ Keep a journal ♦ Be on the lookout for interesting events ♦ Get tough, and get out ♦ Take heart: The days are getting longer! ♦ If the winter blues become overwhelming, NewBridge can help. Call toll-free (888) 746-9333 or visit www.newbridge.org.

Visit www.newbridge.org for timely tips and strategies!



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