



# NEW BRIDGE

Counseling

Youth

Seniors

Housing

Addictions

## Novartis donates \$50,000

**“The perfect collaboration” benefits second-chance students**

High school dropouts who want a second chance at success got a huge vote of confidence from Novartis when the Morris County-based pharmaceutical company awarded a two-year, \$50,000 grant to NewBridge. The grant will benefit NewBridge 70001 JOBS PLUS, a youth employment and education program for Morris County high school dropouts.

“We are proud to provide a donation for this initiative, as it is consistent with Novartis’ commitment to support health and educational programs that enhance quality of life,” said Rhonda Nesmith Crichlow, Executive Director, Philanthropy and

Community Development, Novartis. “As a guest at the 70001 graduation, I witnessed the students’ pride and sense of achievement, as these young men and women have clearly set a new course for themselves and their families with the help of this program.”

Fifty-two young men and women graduated from NewBridge 70001 in June with their state-issued high school diplomas.

“70001 is such a vital program, and it’s going to take all parts of the community to come together in

**(continued on page 2)**



Dear Friends,



This may sound funny coming from the Executive Director, but I love Six Flags®. I love rollercoasters, and will happily spend the day standing on hour-long lines for the three-minute thrill of flying upside down at 70 miles per hour.

Kids have the right idea. Their days last forever, playing Manhunt and Kick The Can and swimming and catching fireflies and jumping in leaf-piles.

But we adults spend the majority of sunny days conducting “real world business,” seemingly unaware of the cloudless sky and 75-degree air waiting on the other side of our comfort-controlled rooms.

Before long, winter will come again, shooing most of us inside and leaving us longing for a sunny day.

No matter what you do for a living, circle one day on your calendar each month and make a promise to yourself to make a day of fun. Memories of those days will sustain you through the long New Jersey winter and last a lifetime.

Whether your idea of fun is canoeing on a lazy pond or flying through the air on Batman: The Ride, just remember: life is a journey—be sure to enjoy the ride.

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

## Start the school year right

**From kindergarten to college, preparation smooths new starts**

Clothing, check. Bookbags, check. Colored pencils, check. Emotional preparation, huh. . . ?

Many parents fill closets with the latest styles, drawers with fresh new supplies, and the cupboard with school snacks. But as school nears, many students wish they were more prepared—emotionally!

### Eliminate apprehension

Whether entering second grade or sophomore year, children are usually a bit apprehensive. *What will my teacher be like? Will I know anyone at lunch? What will happen when the teacher announces, “Everybody pick a homework buddy!”* It’s the stuff of nightmares!

Parents can minimize anxiety by taking steps to help children feel in control.

Visiting the school ahead of time might reap the reward of meeting the teacher, getting a glimpse at a class list or seating chart. Network—make a few phone calls and try to find some classmates. Offer your child suggestions to break the ice with new classmates.



**(continued on page 2)**

## Novartis donates \$50,000 (continued from page 1)

support,” said Mary Jo Buchanan, Director, Department of Human Services, County of Morris. “The Morris County Board of Chosen Freeholders has invested so much in 70001 in various ways, and now Novartis fills the corporate gap to create what is truly the perfect collaboration of funders.”

“We are grateful that Novartis has stepped forward to help,” said Robert L. Parker, Executive Director, NewBridge. “Novartis joins a public/private/nonprofit partnership that includes supporters like the Morris County Department of Human Services, Workforce Investment Board, and United Way of Morris County, in the pursuit of a common and goal—to help youth succeed.”

“NewBridge 70001 really changes the lives of students,” said Buchanan. “We hope that Novartis leads as an example to other corporations so this program can continue to make a difference.”



Class of 2008 graduates **Jesse Prado** of Dover, **Johan Rosario** of Wharton, and **Justine Lorenzo** of Succasunna revel in the moment.



The Youth Leadership and Service Council of United Way of Morris County presents a check for \$4000 to NewBridge. From left, **L. Michelle Borden**, Associate Executive Director, NewBridge, **John Franklin**, CEO, United Way of Morris County, and **Robert L. Parker**, Executive Director, NewBridge.

## Start the school year right (continued from page 1)

“People love to talk about themselves. All you have to do is ask them something about themselves, sit back and let them talk,” said Mary Vineis, DRCC, Coordinator of Prevention Services, NewBridge.

### Focus on body language

Help your child become aware of his or her body language. A child with a “closed” body—arms folded, body slouched, bitten fingernails—reflects self consciousness or wariness, which can result in social isolation, and at worst, bullying.

“These signal an easy target. Bullies aren’t as likely to pick on the kid who is swaggering or smiling,”

said Vineis.

### Connect with teacher

Let the teacher know you’re supportive without taking too much of their time.

“Interestingly, many teachers complain of parents who hover—completing projects intended for their children, or calling or emailing over everyday issues,” said Vineis.

This parental hyper-involvement can result in an inability for children to take care of their own problems.

“Some kids don’t get the opportunity to deal with problems. They don’t get the thrill of succeeding on their own,” said Vineis. “Kids need to

learn how to handle conflict, victories and defeats. The idea is to raise a self-sufficient person.”

Vineis encourages communication when issues arise that may impact education, or when children face an overwhelming problem that they are unable to solve on their own.

“It’s important to alert the teacher over these types of serious issues,” said Vineis.

**NewBridge offers a wide range of in-school prevention and education programs. For more information, call Vineis at (973) 839-2521, ext. 228.**

Youth

Every dollar counts! Your donation in any amount benefits vital programs and services for area residents. Donate online at [www.newbridge.org](http://www.newbridge.org) or call Nina McCormack at (973) 839-2521, ext. 420.

**Sept.  
18**

## Garden showcase

**Celebration spotlights garden and its creators**

See the incredible NewBridge Enrich horticultural therapy garden and meet the people who created it at a celebration event on Wednesday, September 18 from 4:30 p.m. to 6:30 p.m. at 640 Newark Pompton Turnpike, Pompton Plains. This free event includes tours of the tropical

garden, an art exhibit and sale, and presentation of awards to the 50 consumers who created and maintained this showstopping garden under the direction of horticultural therapist John Beirne.

**For more information, call (973) 839-2521, ext. 420.**

**Oct.  
13**

## 13th annual golf outing

**Great day of golf benefits community programs**

NewBridge will host its 13th Annual Golf Outing on Monday, October 13, 2008 at the Knoll Country Club in Parsippany, NJ. This event sells out every year, so register soon!

Registration is \$195 per golfer or \$780 per foursome, which includes lunch, dinner, cart, 18 holes of golf,

contests, raffles, and more.

Sponsorships of this event are also still available, ranging from \$125 tee sponsors to \$10,000 event sponsors.

**To register or become a sponsor, visit [www.newbridge.org](http://www.newbridge.org) or call Nina McCormack at (973) 839-2521, ext. 420.**

## Partner for Programs

NewBridge is offering a new opportunity to support one of its five program areas—Youth, Seniors, Counseling, Housing or Substance Abuse Services.

By becoming a **Partner for Programs**, you will help to support vital programs that mean the most to you and your organization. **Partner for Programs** is 100 percent tax deductible. Minimum contribution is \$7,500.

For informational packets on individual program areas, call Nina McCormack, Director of Development & Marketing, at (973) 839-2521, ext. 420 or email [nmccormack@newbridge.org](mailto:nmccormack@newbridge.org).

### Newest Partners:



## Youth spend Day of Action helping youth



Students from NewBridge 70001 and Summer Youth Employment Program volunteered at United Way's Day of Action by mulching playgrounds at The FM Kirby Children's Center of the Madison Area YMCA. From left, **Isaac Torres** of Denville; **Jason LaPaglia**, 70001 staff member; **Raymar Gaskins** of Morristown; **Meghan McEnerney** of Long Valley; **Juan Fortunato** of Dover; **Matt Pryor** of Flanders; **Gabby Carcano** of Dover; **Troy Kelly** of Cedar Knolls; **Amanda Garritta** of Parsippany; and **Mary Moorehouse** of Denville.

## IOP accepting referrals

NewBridge is currently accepting referrals to its Intensive Outpatient Program (IOP) for substance abuse in Wayne, NJ. This DAS-licensed 12-week program serves adults who wish to achieve recovery from substance abuse in a supportive setting.

### Addictions

The program includes integrated assessments, individualized treatment, referrals, education, case management, individual, group and family therapy, and continuing care services.

**For more information about NewBridge IOP for substance abuse, call toll-free (888) 746-9333 or visit [www.newbridge.org](http://www.newbridge.org).**

# New support groups at NewBridge

## Life Begins at 50!

Did you know that the 50s and 60s are the new 40s and 50s? NewBridge is offering a support group entitled Life Begins at 50! for men and women who would like to share ideas, coping skills, resources, life challenges and solutions in a casual setting.

Participants will discuss how to set boundaries, live successfully with traditional values, look and feel great, deal with crises, and more.

This program is run in Pompton Lakes by Barbara Westerberg, LCSW, and admission is on a rolling basis.

**To register, call NewBridge toll-free at 888-746-9333.**

## The Parenting Circle

Children don't come with instruction manuals, but a new support group can help guide parents.

NewBridge is offering The Parenting Circle, a casual, open forum to share

ideas, discuss parenting challenges, collaborate on problems and solutions, make friends, find out about community resources, and more.

**Counseling**

This program, facilitated by Kathleen Kolaritsch, LCSW, runs on Monday evenings in Montville. Babysitting is available. This program is ongoing with a rolling admission.

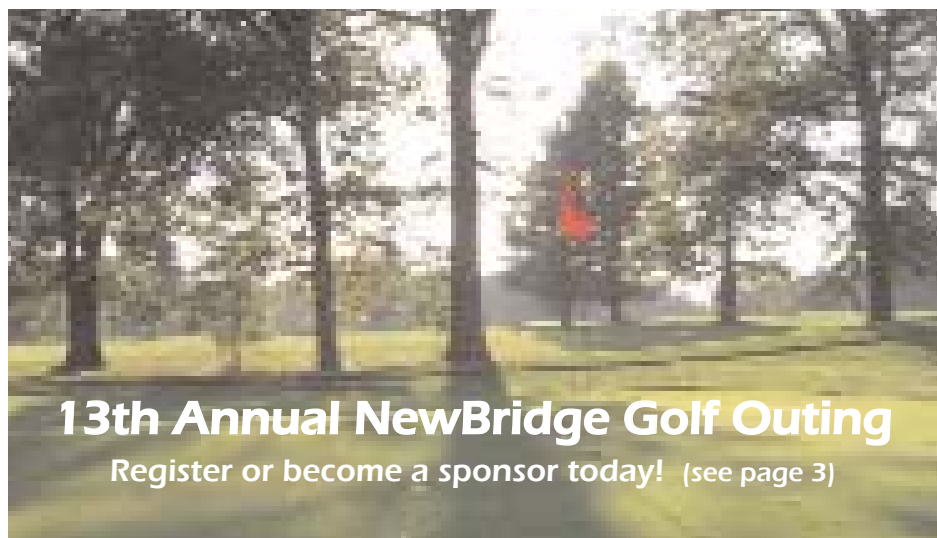
**To register, call NewBridge toll-free at 888-746-9333.**

## Links for seniors

NewBridge SAIL (Senior Assistance for Independent Living) is a free program for residents over the age of 60 that provides links to nutrition programs, form completion, transportation, in-home assessments, medication monitoring, counseling, applying for benefits, and more.

**For more information, call toll-free (888) 746-9333 or visit [www.newbridge.org](http://www.newbridge.org).**

**Seniors**



**13th Annual NewBridge Golf Outing**  
Register or become a sponsor today! (see page 3)



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