



# NEWBRIDGE

Counseling

Youth

Seniors

Housing

Addictions

## NewBridge team empowers kids

### Responds to growing need in schools for life, prevention skills

“Before I teach a bullying class, I get feedback like ‘If I defend someone from a bully, I’m gonna get picked on too. I don’t want to be the target,’” explains Mary Vineis, coordinator of prevention services at NewBridge.

This initial reaction is typical, says Vineis. But through her presentation, she manages to drive home the message that bullying is wrong, and that kids can help make a difference.

“After the class is over, some of the kids say, ‘I can do this; I can defend someone. It’s the right thing to do.’”

Feedback like this is what keeps Vineis and her department of two going strong.

“Schools see the value and the need for the programs we provide,” said Pam LeGall, prevention specialist

at NewBridge. “We’re teaching kids life skills.”

As the demand for these programs grows, so does the pressure. Vineis and LeGall enlist qualified interns and staff from other NewBridge departments to lend a hand. In the meantime, the team of two remains the backbone of a department that

## Youth

is currently contracted to provide programs to 25 school districts from West Milford to Woodbridge. Last year, more than 7,000 students participated in these programs.

“We have growing pains!” quips Vineis. “We stretch our resources to meet this growing need, so we don’t have to

**(continued on page 2)**

Dear Friends,



Talk about a double-edged sword. More people are seeking help from NewBridge, yet more support is needed than ever to meet this growing need. With finances and resources stretched, we’re faced with a dilemma.

Historically, this is the time of year NewBridge asks for donations in our newsletter. In challenging economic times, the competition for donations is fierce. But it is during tough times that NewBridge’s role in the community becomes most important. Our staff are busily working in the community and schools helping our neighbors, our children, our elderly, our depressed, deprived and our addicted find balance in their lives.

Your donation in any amount impacts lives right here in your hometown, and never more so than right now. We stand committed to provide the direction, guidance and support that will sustain you through the holidays, a tough economy, and the uncertainties of life—but we need your help.

There’s an envelope inside. Give one dollar. Give \$100. We are grateful for all donations. But please—give.

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



**Kathleen Edwards Chase**, pastor of First Reformed Church of Pompton Plains tees off at the 13th annual NewBridge golf outing. Sponsors and golfers raised more than \$42,000 for NewBridge programs and services.

Visit [www.newbridge.org](http://www.newbridge.org) for more photos from this year’s outing!

## Golf outing raises \$42,000



NewBridge programs got a major boost at the 13th annual golf outing, held on Monday, October 13, 2008. A record net of \$42,000 was raised for NewBridge by this year's generous golfers and sponsors.

The money raised will help in funding NewBridge's five focus areas: youth, seniors, counseling, housing and substance abuse services.

PNC Bank was this year's major sponsor. Also sponsoring were Federal Direct, Atlantic Stewardship Bank, Boiling Springs Savings Bank, Crestmont Toyota, Capacity Coverage, David MacGregor Company, Dennis Kaczka, Architect, AIA, Joseph A. Trunfio, Video Corporation of America, Chilton Memorial Hospital, New Jersey Natural Gas, Water Works Supply Company, and Johnson, Murphy, Hubner, McKeon, Wubbenhorst, Bucco & Appelt, PC.



## NewBridge IOP for substance abuse



**Intensive outpatient program for a healthy lifestyle  
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- ♦ Nutrition, spirituality, wellness
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**Conveniently located in Wayne, NJ.  
Call toll-free (888) 746-9333 or  
visit [www.newbridge.org](http://www.newbridge.org).**

## Want to make a difference?

**Volunteers are needed to help with clerical duties, special events and committees.**

**If you have even a few hours to spare, call Ann Marie Hub at (973) 839-2521, ext. 233.**

## NewBridge team empowers kids (continued from page 1)

turn any school away. But our need for private support is at an all-time high."

Vineis and LeGall spend their



Programs like NewBridge's RAP program combine afterschool activity with substance abuse awareness. Pictured are students in the RAP program at Lincoln Park Middle School.

days scheduling programs and helping students in grades K-12 learn positive coping skills, stress and time management, violence prevention, substance abuse prevention and more, often

triggering immediate results. Suicide prevention is one such program.

"Kids come up to us after the suicide prevention program and ask to speak to us privately.

They are concerned about a friend, and they recognized the signs we presented," said Vineis.

"What stronger evidence is there that your program works than seeing your lessons in action? Just one child's life saved is worth all of the extra hours."

Their days are full, but they have no regrets about the popularity of NewBridge prevention programs.

"We'd rather be really busy and hear these stories than miss a chance to make a difference," said Vineis.

One such difference reached Vineis weeks after she had run an

anti-bullying program in a school.

"I returned to the school, and a teacher approached me and said, 'I just have to tell you, I was in the hallway and I saw a kid being picked on; he was having a hard time, and two other kids came over and told the bully to stop, then removed the student from the situation and invited him to sit with them instead.'"

"This moment will have a lifelong impact—both on the student who was 'rescued' as well as the students who intervened," Vineis said.

**NewBridge relies on donations to run NewBridge prevention programs. To support NewBridge's youth services, please call Nina McCormack, Director of Development and Marketing, NewBridge, at 973 839-2521, ext. 420.**

**For more information on NewBridge prevention programs, please call (973) 839-2521, ext. 228 or visit [www.newbridge.org](http://www.newbridge.org).**

# Know a senior who could use a helping hand?

## NewBridge SAIL offers assistance, resources to those over 60

Senior citizens in need of assistance or caregivers for an elderly person who could use a helping hand can turn to NewBridge SAIL (Senior Assistance for Independent Living).

NewBridge SAIL provides men and women over the age of 60

### Seniors

with services and links to services, including:

- ♦ Medical care
- ♦ Caregiving
- ♦ Benefit procurement
- ♦ Legal counseling

- ♦ Form completion
- ♦ Adult day programs
- ♦ Nutrition programs
- ♦ Medication monitoring
- ♦ Home repairs
- ♦ Hospice
- ♦ Shopping and transportation

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.

### The free services of NewBridge SAIL are available to residents of:

- ♦ Boonton
- ♦ Boonton Twp.
- ♦ Butler
- ♦ East Hanover
- ♦ Kinnelon
- ♦ Lincoln Park
- ♦ Montville Twp.
- ♦ Mountain Lakes
- ♦ Pequannock Twp.
- ♦ Riverdale
- ♦ Bloomingdale
- ♦ Pompton Lakes

- ♦ Ringwood
- ♦ Wanaque
- ♦ Wayne
- ♦ West Milford



### NewBridge needs your financial support to provide:

- ♦ counseling session to families in crisis
- ♦ substance abuse and bullying prevention programs
- ♦ medical assessments for needy seniors
- ♦ affordable housing to those with special needs
- ♦ career and education preparation to dropouts
- ♦ and more. . . *please send your donation today!*

## Horticultural therapy grows tangible results

### In one man's words

*"Enrich has helped me live again; I feel like it has brought me back to life.*

*Enrich has helped prepare me to work. I am now working at a job I love.*

*Enrich has enabled me to become comfortable working with others and to be a real team player.*

*I feel confident in my recovery and feel that I am truly on the road to wellness."*

Enrich participant  
George Thorne



Volunteers, staff and clients of the NewBridge Enrich horticultural therapy program stand before the most obvious result of their hard work—the garden itself. Less visible but more meaningful results are the personal strides made toward wellness and recovery through this innovative NewBridge program, which is possible thanks to the generosity of our supporters.

# Housing with a heart

## NewBridge's extra touches celebrate the start of "a new life" for tenants

Janice and her two children moved into their new home in August, just in time for school.

"Stable housing, a better school system, and a fresh start were all part of this dream come true," said Janice. "As we set foot in our new home, I spied a gift basket full of toiletries on the counter. The note on the basket read, 'Welcome home.' It was so unexpected."

Touches like these are part of the message NewBridge wants to send its tenants. Weeding gardens, planting flowers, painting fences and collecting donations of furniture are all extra efforts NewBridge makes to help celebrate people starting new lives.

"NewBridge takes great pride in the uniqueness of its affordable housing initiative," said Melody Federico, Director of Housing Development,

NewBridge. "Our homes belie the fact that they are created by a nonprofit agency.

They convey a sense of warmth and pride, and they should, as someone's new home and new life. That is our mission."

### Housing

### Unlock the door

Ahead of the curve in recognizing the need for affordable housing, NewBridge is committed to create 100 units of affordable housing by 2010. Despite a challenging housing market,

NewBridge continues to make strides in its commitment, thanks to the generosity of corporate and individual

donors. But clearly, more is needed to assist the growing number of people struggling to maintain stable housing.




**NewBridge constantly seeks donors to help make a difference to those who lack one of the most fundamental human needs—housing. For more information, call Melody Federico at (973) 839-2521, ext. 250.**


**Every dollar counts! Please send your donation today in the enclosed envelope.**

**GIVE TODAY!**

NewBridge is a nonprofit 501(c)(3) organization.



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**Partner with NewBridge!**

Individuals or corporations considering a major donation can make a lasting impact by becoming a Partner for Programs. This new giving option allows you to support one of NewBridge's five program areas—youth, seniors, counseling, housing or substance abuse services—each of which fills a critical need in Morris and Passaic counties.

Your 100 percent tax-deductible donation will help support vital programs that mean the most to you or your organization. Annual contributions begin at \$7,500.

For more information, contact Nina McCormack, Director of Development & Marketing, NewBridge, nmccormack@newbridge.org at (973) 839-2521, ext. 420, or