



NEWBRIDGE

Counseling

Youth

Seniors

Housing

Addictions

Helping weather the economic storm

The economy! Just the mere mention of the word triggers an emotional response. Its impact inescapable - soaring unemployment, the financial crunch, skyrocketing foreclosure

Counseling

rates. It affects every facet of life, creating added stress, anxiety and uncertainty and for NewBridge a rise in requests for service.

Children and adults alike are being emotionally impacted as financial strains manifest in family arguments. Many couples are undergoing the stress of losing a job or house at the same time. Children are also feeling the stress that their parents are going through, suffering from anxiety and depression or having disciplinary problems in school.

“More people than ever before are coming to NewBridge seeking help,” says Andrea Wasser-Malmud, Director of Professional Services, NewBridge. “What they are experiencing are normal reactions to abnor-

mal situations. Our counseling services and support programs give them the tools they need to emerge as stronger individuals who are better prepared to handle these stressful times.”

To respond to these pressing issues, NewBridge is continuing to do what it does best - providing services to adults, families and children who are in need. Our counseling programs help families cope with their emotions, clarify their feelings and figure out solutions to their problems. Our prevention team works with schools, speaking with guidance counselors and teachers about ways to reduce stress for children in the classroom.

While you may not have control over the outside issues that are affecting your life, you do have control over how you react and respond.

NewBridge can give you the information, tips and techniques you need to cope with these changes as effectively as possible.

For information on how NewBridge can help call 888-746-9333 or visit www.newbridge.org.

Dear Friends,



To quote Alexander Pope: “Hope Springs Eternal.” An especially fitting sentiment as we look forward with a glimmer of hope that something better lies ahead.

Whether dealing with emotional stress from the current economic situation or a more acute situation, NewBridge continues to provide the much needed services and life-changing programs that enable our clients to remain on their path toward wellness and recovery.

We are hopeful that our programs that serve the most vulnerable populations - children and the elderly - will not fall prey to the economic downturn. We remain optimistic that our supporters, volunteers and sponsors will continue to stand by us and provide the financial assistance and added resources that we need to continue to allow us to help our neighbors.

NewBridge relies on local corporations and financial supporters to bring the most needed services to local residents. Thank you for your continued support of NewBridge; I hope that we can continue to count on it!

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

Three honored at NewBridge gala

Honored at The Magic of NewBridge gala held on April 2 were (pictured from left to right): Mary Jo Buchanan, Director, Morris County Dept. of Human Services, Michelle Borden, Associate Executive Director, NewBridge, the Reverend Kathleen Edwards-Chase, who represented The First Reformed Church of Pompton Plains, and Mike Wall, Capital One Bank.



Attention employers: Local teens available for summer work

As the days get longer and warmer weather approaches, many businesses are starting to look for summer help. Now is a great time for employers to tap into the resources of NewBridge Services' Summer Youth Employment Program, which has been successfully matching local teenagers with local companies for years. There is no fee to employers for placements, and teens are carefully screened and matched with prospective employers whose job openings match their interests.

"The NewBridge Summer Youth Employment Program is a free alternative to local businesses who don't

want to deal with the time-consuming and costly inconvenience of recruitment efforts," says Jill Worrall, Summer Youth Employment

Youth



Morris County youth available for work!

Coordinator. "Additionally, it gives teens valuable and productive work experience."

NewBridge already has several

Morris County youth available for part-time, full-time or volunteer positions. All participants in the Summer Youth Employment Program are graduates of NewBridge Services' Employment Skill Training Program. Once hired, the teens receive continued support from NewBridge throughout the summer.

The Summer Youth Employment program receives support through the Juvenile Justice Commission's State/Community Partnership Grant Program and the Morris County Department of Human Services.

For more information, call Jill Worrall, Summer Youth Employment Coordinator, at 973-335-0666 or visit www.newbridge.org.

Make a local difference: Support NewBridge

Your donation benefits vital youth, senior, housing, counseling and substance abuse programs.

Donate online at www.newbridge.org or call Nina McCormack at (973) 839-2520.

When substance abuse affects a family

Locals turn to NewBridge support groups for help

A death in the family. An unexpected illness. A sudden job loss. Sometimes difficult situations can make a person feel alone with nowhere to turn. For Janet, a Morris County resident, dealing with her son's alcohol problem was becoming overwhelming. Worrying about her son was causing her to lose sleep and even the simplest daily tasks were being effected. Her friends and family recommended she call NewBridge for help.

Addictions

Hesitant at first, ultimately she made the first call and was glad she did. Janet started attending weekly group sessions where she connected with other women who were experiencing similar situations. Over time a bond was formed, and the women

began looking forward to seeing each other weekly.

"If it wasn't for the group, I don't know where I'd be. I used to feel alone but not anymore. I still worry about my son but I realize that not taking care of myself is not helping him. I'm in a good place now," says Janet.

NewBridge offers counseling for individuals and family members dealing with substance abuse. Support groups offered include: drug and alcohol; young persons group (ages 17 to 22); co-dependency; anger management; spirituality; self-esteem and a psychological education group.

NewBridge also offers enhanced outpatient services for Morris County residents.

For more information on these programs, contact 888-746-9333.

Quick tips

for your mental well-being

May is Mental Health Month and the perfect time to remember the simple techniques that can help each of us better handle stress. Some suggestions are:

- ✓ Stay positive and maintain an optimistic attitude
- ✓ Get physically active
- ✓ Get enough rest and allow yourself time to unwind
- ✓ "De-caffeinate" yourself at least 6 hours before bed
- ✓ "De-stress" yourself by preparing for the next day before bed

If you find yourself struggling in your day-to-day life, or are having trouble achieving and maintaining your mental well-being, call NewBridge today at 888-746-9333, or visit www.newbridge.org.

Making the American dream a reality in Morris County

NewBridge creates more affordable housing units

It's hard to read the paper or turn on the TV without hearing about the country's economic crisis. Sometimes it seems there's no bright spot amidst the doom and gloom. But in Morris and Passaic counties, there is hope for the future as NewBridge continues on its mission to create 100 units of affordable housing for low-and moderate-income families and those with special needs. NewBridge's latest affordable housing project involves renovating three buildings in Pompton Plains to create 10 new rental apartments. The project is receiving funding from the New Jersey Housing Mortgage Finance Agency, the New Jersey Division of Mental Health Services, the United Way of Morris County, Morris County Community Development and operating money from the State Rental Assistance Program.

Housing

"NewBridge remains true to its mission of making safe, high-quality affordable housing available to Morris County residents," says Melody Federico, Director of Housing Development, NewBridge. "The financial support and state funding NewBridge receives continues to give people a new home and a new lease on life."

For more information contact Melody Federico, Director of Housing Development, at 973-839-2520, or melody@newbridge.org.

Partnering makes a difference

Local non-profit and landscaper spruce up NewBridge residences



Volunteering and charitable support take many forms. Recently, several NewBridge residential houses got a much needed facelift thanks to local companies that donated their services to make NewBridge's homes an even better place to live.

Volunteers from Morris County Habitat for Humanity, a member of the Housing Alliance of Morris County, recently rolled up their

sleeves to give one tenant's kitchen a makeover, including a new floor, new paint and minor repairs.

In Boonton, Budd Lake and Flanders, Ray Desiderio, owner of R& D Landscaping in Bernardsville, NJ, set his sights on the outside of the houses. He donated his employee's time to weed and clear the yard and mulch and prepare the flower beds for a planting project that the residents have planned for the spring.

"Heartfelt thanks go out to all of the volunteers from Habitat for Humanity

and R&D Landscaping for the excellent job they did," said Jack Muzikowski, Director of Housing Services, NewBridge. "The property looks truly beautiful now, and their hard work is greatly appreciated."



Have some spare time to volunteer? Call Nina McCormack, Director of Development & Marketing, at 973-839-2520 or nmccormack@newbridge.org.

The Magic of NewBridge Gala

The Magic of NewBridge, held on April 2, 2009 celebrated those who make a difference everyday. A special thank you to our Gold Sponsor Capital One Bank, and to Johnson, Murphy, Hubner, McKeon, Wubbenhorst, Bucco & Appelt, P.C., Cocktail Hour sponsor. For more photos visit www.newbridge.org.



Jennifer Carpinteri from the Division of Morris County Behavioral Health & Youth Services has fun at the Fatal Vision Goggles station during cocktail hour.



Olga Burns, MISIW Employment & Training Services; Mary Jo Buchanan and Laurie Becker both of the Morris County Dept. of Human Services.; Joe Becker; Sheila Carter, Morris County Dept. of Human Services.



Stacey Lococo, NJ Community Corporation; John Franklin, and Michelle Roers DiNapoli both of United Way of Morris County

Caring for Caregivers: Helping those who help others

Is the stress of being a caregiver too much? Caregivers' needs are often forgotten. After all, most of them wouldn't even think of themselves as needing assistance. The truth is that

Seniors

being a caregiver can be a stressful ordeal and many could benefit from someone to talk to or comfort them during tough times. Recognizing the growing need to help those who help others, NewBridge offers a Caregivers Counseling Program and a Caregivers Companion Program, operated by its SAIL (Senior Assistance for Independent Living) program.

The Caregiver Counseling program helps caregivers regain emotional balance through in-home visits by NewBridge counselors and therapists who offer support and help them

manage fear and stress.

Through the Caregiver Companion program, NewBridge staff stop by for a few hours a week to give the caregiver a break to run errands, get a haircut, go shopping or go to doctors appointments. The NewBridge companion sits and talks to the person being cared for, giving the caregiver much needed peace of mind that their loved one is in good hands.

"Counseling is very important for the caregiver," says Michelle Borden, Associate Executive Director, NewBridge. "Not only does it help them understand they need to care for themselves to be better caregivers, it reminds them to attend to things that make themselves feel good and healthy."

The program has proven extremely beneficial. For instance, one daughter

with young children was taking care of her elderly mother. A NewBridge counselor was able to come in and

take care of the mother, allowing the caregiver to spend quality time with her children.

NewBridge is able to provide both of these services to its clients free of charge through the Caregiver Initiative, which is a collaboration of providers in Morris County led by The Visiting Nurses of New Jersey.

For more information about these programs, call Sherry Kotcher, Team Leader, SAIL, at 973-839-2520.



Save the Date!

NewBridge Services 14th Annual Golf Outing October 12, 2009



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P.O. Box 336
Pompton Plains, NJ 07444
www.NewBridge.org



NewBridge on the move
As of May 4, 2009
NewBridge Administration, Housing, ICMS,
Prevention, and SAIL staff will have
a new location:

NewBridge Services
7 Industrial Road
Pequanock, NJ 07440

The NewBridge Mailing Address Is:

NewBridge Services, Inc.
P.O. Box 336
Pompton Plains, NJ 07444

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