



NEWBRIDGE

Counseling

Youth

Seniors

Housing

Addictions

Are You One?

**NewBridge's Are You One? Campaign
is a tremendous success!
Thank You!**

As Life Expectancy Increases, So Does Need for Services

At 93, Millie lives alone in her Montville home, still doing her own laundry and housecleaning. "She's quite independent. It's amazing," said Sherry Kotcher, who runs NewBridge's Senior Assistance for Independent Living (SAIL) program.



Seniors

Millie is one of NewBridge SAIL's oldest clients. Over the past 10 years, Kotcher has witnessed SAIL clients living longer. While most did not live beyond 80 a decade ago, far more clients are now living to 85 - and beyond. NewBridge SAIL ensures that seniors get proper nutrition and social interaction, monitors their health with visits by an advanced practice nurse and counsels those who need it - all factors that contribute to a healthier, happier and longer life. NewBridge connected Millie with services that allow her to stay in her home, arranging for a home health aide and a 'friendly visitor,' as well as NewBridge@Home, which provided in-home counseling to help her deal with lingering grief over her husband's death. "She loves her home and she's doing well, and it is satisfying to know we played an important role in that," Kotcher said.

NewBridge's successful **Are You One?** campaign has kept NewBridge SAIL strong in spite of little state funding. The growing need for senior services compels NewBridge to continue its fundraising effort, to ensure that seniors can remain independent.

The trend toward longer life makes NewBridge SAIL even more vital. In 2010, NewBridge linked more than 400 seniors to services that allow them to continue to age-in-place. The service is free to residents of Morris and Passaic counties age 60 and over. Over the past decade NewBridge has added services to its senior programs including home visits by doctors and lab technicians, in-home counseling, and more adult daycare services that provide transportation, Kotcher said. "A lack of transportation is the main obstacle to seniors being able to remain independent."

NewBridge also offers respite and counseling for caregivers of seniors, allowing them to have time to themselves and run errands, Kotcher noted.

**Name has been changed*

Dear Friends,

It is with pride and a touch of wonder that I announce the overwhelming success of our **Are You One?** campaign.



We have raised \$324,400, surpassing our \$250,000 goal. That is especially impressive because this was our first major fundraising campaign. Its success confirms what I have long believed, that people recognize and value the vital role Newbridge plays in keeping our communities strong.

I would bet that you know someone - a neighbor, a friend, a relative - who has been touched by NewBridge. Last year alone, we served more than 10,000 people, from young children to seniors in their 90s.

But more significant than the overall count is the number One: the one teen who attended a NewBridge suicide prevention program and asked for help afterward or the one homebound senior whose hidden foot sore was discovered by NewBridge's advanced practice nurse.

Because you answered **Yes!**, we can say with confidence, 'Yes, we can help you' when someone turns to us for help.

We are building on the success of **Are You One?** with the community as our philanthropic partner.

Throughout our nearly 50 years, our strength has been our ability to evolve and expand as needed. When a problem arises, NewBridge is the solution. Please help us continue to answer the call.

Robert L. Parker, CEO
parker@newbridge.org

A Place of Their Own

NewBridge Helps The Rose House Community Residence Become a Reality

In June eight adults with developmental disabilities who waited years to live independently moved into their own apartments at The Rose House Community Residence.

"We are proud to open the doors on a new life for these residents," The Rose House Executive Director Mark Kramer said at a ceremony marking the project's

completion. "Now they have the opportunity to rely on themselves."

"I feel like I'm ready to have my own life," said resident Lisa Markey. "I want to have my own place and not have my parents around me every

day," the 30-year-old woman said.

The Rose House called upon NewBridge Services to help develop the \$2.3 million project because of its expertise in housing.

"NewBridge was instrumental in getting the financing, ensuring our compliance with the

different funders, and managing all the technical aspects of the contracts,"

said Kramer, whose 12-year-old non-profit is devoted to maximizing independence for people with Developmental Disabilities.

The community residence in Hanover's Cedar Knolls section has

eight apartments and is within walking distance to a bus line, shops, businesses, a park and churches.

"This affordable housing project brings together a host of funding partners to create a model program for those with special needs who wish to live independently in our community," said NewBridge CEO Robert L. Parker.

The project received funding from six sources: New Jersey Housing & Mortgage Finance Agency, the state Division of Developmental Disabilities, Morris County HOME, the Hanover Affordable Housing Trust Fund, the Federal Home Loan Bank of New York and the United Way of Morris County.



Housing

NewBridge 70001 Jobs Plus Puts Teen On Road To Automotives Career

Brian Wells struggled through Dover High School. "I was doing badly in just about every subject except auto shop and math," he said.

His fortunes changed when he met with his guidance counselor in May 2010. Knowing Brian aspired to become a mechanic, the counselor urged him to attend NewBridge 70001 Jobs Plus, an alternative education program. "He said they could definitely help me get to where I wanted to be," the 18 year old recalled.

Brian was among 42 young adults honored June 8th for earning their high school diplomas and preparing for successful futures. While they left high schools for various reasons, all found a supportive, nurturing environment at NewBridge 70001 Jobs Plus.

In its 27th year, the program provides Morris, Sussex and Warren county residents between the ages of

16 and 21 an opportunity to earn high school diplomas and focus on long-term career goals. It offers group and individual educational, job training and placement assistance, as well as free transportation in Morris County.

Brian enrolled in June 2010. He found that, working at his own pace, he was more focused and got more accomplished than he had at Dover High. By December, he had completed his course work and earned his diploma.

The instructors helped the Mine Hill resident get into the Universal Technical Institute, a national automotive school, by guiding him through the application and financial aid processes. He starts there in September and in the meantime is working full-time at a Jiffy Lube, a job that 70001 staff helped him land.

Brian dreams of opening a performance enhancement shop, where he will make cars exceed their limits, and

he plans to design his own motor. His parents, including his stepfather who taught him automotives, are proud.



Youth

"They are very happy of where I am and where I'm going to be," said Brian, who was named an Associate of the Year at the commencement, held at the Elks Lodge in Boonton.

NewBridge's successful **Are You One?** campaign has kept 70001 Jobs Plus going strong! The program also receives funding from the Morris/Sussex/Warren Workforce Investment Board, the Morris County Board of Chosen Freeholders, United Way of Morris County, Novartis Pharmaceuticals, NewBridge Fund, Verizon, and community residents.

Discovering the Photographer Within...

Client Makes Strides in Treatment

In his late 20s, James Thompson developed crippling anxiety, the kind that imprisoned him at home and made him want to end his life.

It got so bad that Thompson purposely hurt himself, cutting his arm and punching walls to drown out the overwhelming feelings. “It was easier for me to deal with the physical pain than the anxiety,” the 35-year-old Passaic County man said.

After a particularly bad episode, Thompson turned to NewBridge Services for help with the panic attacks and agoraphobia (a fear of crowded places).

Learning that Thompson had a love of the outdoors, his counselors encouraged him to pursue it. He picked up a point-and-shoot camera and began photographing wildlife in his yard, when nobody else was around.

The beauty he could capture in the first-morning light astounded Thompson. Born into a family of

hunters, Thompson discovered he preferred shooting animals with a camera.

When quietly following a fluttering hummingbird moth or a pollinating bee with his camera, Thompson breathes deeply to steady his hands. “Photography gives me something to concentrate on, instead of having my mind race,” he said.

His photos are so close-up and sharp it’s amazing to think he shot most of them with a point-and-shoot. He recently upgraded to a digital single lens reflex camera.

“It gets him out of the house, and it’s good for his self-esteem,” said Tim Slavin, a licensed clinical alcohol and drug counselor who meets weekly with Thompson. An outdoorsman himself, Slavin (who also is a forester) went on a walk in the woods with him to encourage Thompson’s outings. He was so impressed with his photography that Slavin had several images blown up for display in the NewBridge Pompton Lakes office.

Being around people is still a



A fluttering hummingbird moth photograph by James Thompson

challenge, but Thompson is making strides. While once he was unable to go into stores, now he can - as long as he can use self-checkout lines. “Two years ago, he couldn’t do that. He’s come a long way,” Slavin said.

“I want to keep myself going forward,” said Thompson, who hopes he eventually can make a career with his photography. “I’m trying to put more positives in my life. I miss working. I miss being part of the world. My motivation is to get myself better.”

NewBridge Offers Adolescent-Specific Support Group for Teens With Addiction

Adolescents who abuse alcohol or drugs face social and emotional issues that differ from addicted adults, and because their brains are still developing, the substances also affect them differently.

That’s why NewBridge Services recently launched a program specifically for teenagers between the ages of 15 and 18 who are grappling with alcohol and/or substance abuse problems. The treatment involves weekly individual and group counseling at NewBridge’s Pompton Lakes office. The program is run by a certified alcohol and drug counselor/certified prevention specialist.

“While young people may think using alcohol and drugs is harmless, evidence shows addiction can take root in adolescence and become a chronic lifelong problem,” said Joanne Goer, director of Integrated Clinical Addiction Services at NewBridge. “Early intervention is the key to halting that downward slide.”

The new program has a rolling enrollment so teenagers can get help as soon as they need it.

NewBridge has been helping people overcome addictions for decades. NewBridge starts with prevention efforts that focus on children, parents and educators, and its full complement of services includes evaluation, educational groups, counseling and referrals. NewBridge accepts insurance and offers a sliding fee scale for those without coverage. To get help or make a referral, call NewBridge’s Access center at (973) 316-9333.



Addictions

(\$1-99 Continued)

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And Thank You to our many volunteers whose tireless efforts help bring balance to people's lives every day!

The NewBridge Board of Trustees; The NewBridge Fund Board; The NewBridge Golf Committee; The NewBridge Gala Committee; Enrich Garden Volunteers; Novartis Pharmaceuticals Corporation Day of Caring.

In completing this comprehensive list, we realize that errors may occur. We apologize to anyone whose name we may have inadvertently omitted.



Thanks to you, countless families, individuals and neighbors found balance in their lives.

January 1, 2010 through June 30, 2011

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Support for the *Are You One?* campaign has been coming in from an array of resources - corporations, family foundations, grants and individuals -like you. Together, our donors have made a strong impact helping NewBridge continue its mission of providing vital programming and services to the community.

To date we have raised more than \$324,400.

Thank you for your continued support and efforts in making the first year of the *Are You One?* Campaign a huge success.


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Are You One?
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for more information.

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