



JEWISH RENAISSANCE FOUNDATION

Upcoming Events: *All or some events may be postponed due to recent Covid-19 outbreak*

School Base — The Base will be hosting two big events. On Saturday, March 21st, The BASE will be bringing high school Seniors to Cinderella's Closet Prom Boutique of Monmouth County to Long Branch High School to choose their dream prom dress, tux, and accessories. On Thursday, March 26th, high school Juniors will have the opportunity to visit New Jersey City University (NJCU) to attend their 7th Annual Conference entitled "Educating and Enhancing our Next Generation."

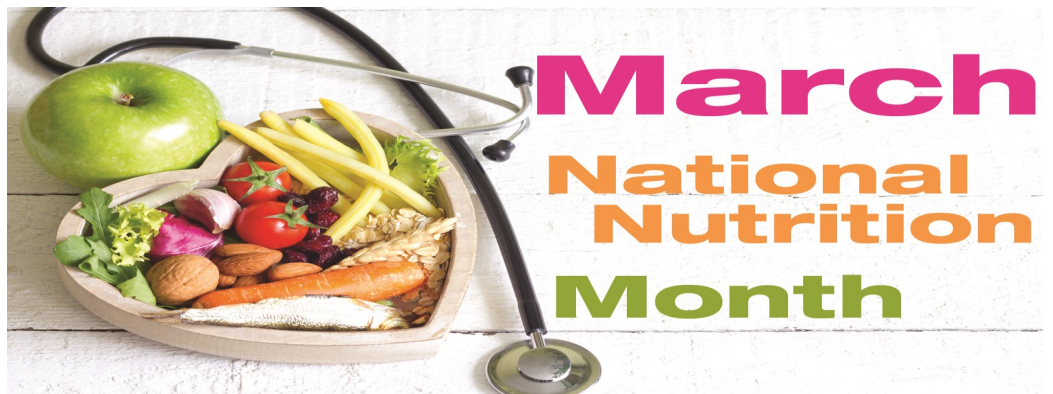
AEI— On March 19, 2020, all students will participate in creating their own AEI Tie Dye T-Shirts that they will wear for our annual Earth day activity in April. Cohort 34 continues to prepare for their High School Equivalency Exam as they are scheduled to test at the end of March 2020. Cohort 35 will begin towards the end of April 2020.

Did you know?
The pigments that give foods their color are also the nutritious substances that can reduce your risk of cancer and chronic diseases like heart disease. – WebMD

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Newsletter Date: March 2020

March is National Nutrition Month



Our Programs and Events

The BASE —was as busy as ever in the month of February . In addition to our regularly scheduled activities, The BASE recognized Teen Dating Violence Prevention Month with an interactive bulletin board where students could grab information regarding relationship facts, advice and resources. We also hosted a Teen Dating Violence Prevention workshop after school to have a conversation about healthy versus unhealthy relationships. Furthermore, The BASE simultaneously held two events on February 21st - one was welcoming 14 new students to our program with an experiential trip to Rebounderz aka Revolution Action Park in Edison, New Jersey and the second was a community service project whereby several of our high school students helped chaperone the Sweetheart Dance at the Rose M. Lopez Elementary School in Perth Amboy, New Jersey.

Step-Up—Students in the Step-Up Helping Hands community service club had the opportunity to participate in two community service opportunities in February. First, they wrote Valentine's Day letters to soldiers and hospitalized children. Second, students participated in the Valentine's dance at the Dr. Herbert Richardson Elementary School where the Step Up students assisted in the coordination of the photo booth, selling food, and entertaining the children. During the month, students from Girl Talk have been working on different projects/activities that relate to the topic of the week. For the topic of self-esteem, the students focused on their struggle with low self-esteem. In addition, the girls developed a list of things they are good at, things that made them feel important, and things that made them feel unique and special. The goal was to highlight the positive qualities of each girl and make them realize how valuable they are.



In February 1st, PAAC hosted a neighborhood association meeting on National Eat Ice Cream for Breakfast Day with residents of the Greater Budapest community. Families enjoyed making Belgium waffles, topped with ice cream and candy while discussing what improvements they would like to see in their community. On February 8, PAAC also hosted an hour-long cardio fitness class to get our bodies moving and hearts pumping. If you're up for the challenge, the next PAAC fitness class will be on March 28, 2020, at 12 pm. Please email Lorraine.mejias@jrfnj.org to RSVP.

Silver Lining

The Silver Linings program resumed the My Choice Store initiative in February. After a month of temporarily suspended services, the Silver Linings program began providing fresh fruits and vegetables to qualifying senior participants. The My Choice Store initiative runs every other week providing services to an average of over 40 seniors on a monthly basis. Also, we offered opportunities for our seniors to socialize as well as work on activities focusing on hand/eye coordination. Activities like these are truly

important because *hand/eye coordination* is proven to decline as you get older. Silver linings offered a DIY activity focused on St. Patrick's Day. Each senior decorated a canvas frame with paint, glitter, and stickers in honor of St. Patrick's Day. We also provided a Movie Day. Our participants enjoyed a matinee movie with soft drinks and popcorn.



Member of the Month

In February, Step Up highlighted the member of the month for the first time this school year. Sophomore, Felix Peguero, was recognized for being the most actively engaged student in the program during the month. Felix participated in all the community service programs during January and attended the Transition Support Program. He received a \$10 Dunkin Donuts gift card and the title of Step-Up Member of the Month.



Bayside Family Success Center

In February, we launched many new initiatives within the community of Perth Amboy. At the Bayside FSC, our goal is to support all members of the family by filling gaps in services through the many partnerships we create. On Feb. 4th the VITA program, a partnership with United Way and the Silver Linings Program began seeing participants at the JRF on Mondays and Wednesdays. To date, we have been booked every day providing free tax services for approximately 8-10 individuals a day. The Bayside FSC also began the outreach for our upcoming workforce focused ESL program. This ESL program will be unique as it will provide classes geared for students looking for the opportunity to better their English communication skills for new employment and/or excel in their current positions. Also, our classes will provide workshops to help those attending who are caregivers/parents to



improve their ability to advocate for their children in school settings and doctor offices, etc. We have also begun planning for this year's Child Abuse Prevention Awareness Event in April. This year the FSC will host a closed event at their center sponsored by Birthday Box Org. and Domino's pizza to celebrate children. Our goal for this event is to incorporate the protective factors within the activities we offer throughout the day. We will also be collaborating with Greenway FSC to host a resource fair in Woodbridge for Woodbridge and Perth Amboy Residents. In addition to all the planning, we engaged our families throughout February. One of our most popular workshops was "Heart to Heart". This activity touched on women's heart health and was facilitated by Meridian Health. Over 10 women attended and learned of the many preventive measures to put in place to increase their heart health.

