



JUNE IS NATIONAL SAFETY MONTH

The Official Newsletter of The Jewish Renaissance Foundation

UPCOMING EVENTS:

Please join us for our upcoming virtual programming. You can email us at baysidefsc@jrfnj.org to register or call 732-638-5063 :

- ZUMBA Series continues - 6/23 & 6/25, @6pm
- Surviving Parenting During COVID 19 (English speaking series) – every other Monday at 6 pm
- We Count Wednesday- every Wed. activities to remind you of the importance of filling out the Census.
- Ice Cream Social- Were celebrating Summer- A virtual Zoom activity for families. 6/26/2020

If you are interested in joining Silver Linings and are over the age of 55, please contact Lissette Vargas-Guzman at 732-630-7488.

Upcoming scheduled programming:

- Wellspring – Caring Connections is a 6 week series for seniors on how to cope.
- Vision Book – Seniors will receive the tools to create a vision book to reflect on activities, goals etc. they would like to do/accomplish in the future. The goal of this activity is to bring about sense a hope and resiliency for our participants. This activity will be held weekly via phone conference line every Friday from 2 pm -3 pm
- Choice Store – Our Choice Store will continue to provide food on a monthly basis to our 34 participants.
- United HealthCare – Will provide free health education workshops to help seniors' live healthier lives.

Please join us for our upcoming virtual programming. You can email us at paac@jrfnj.org :

- PAAC is hosting a meditation and yoga class on June 26, 2020 via Zoom at 8am .ESL Classes – Beginners on Mondays and Intermediate on Wednesdays 5:30 pm to 7 pm
- We continue to accept applications for Senior Repair (repairs up to \$3000) for those who are 55 years old and over, live in the PAAC neighborhood (the borders are – From the train tracks up Inslee St. to Amboy Ave down to Washington St. to the train tracks and over to Inslee St.), own their home and fill out an application
- Our PAAC Garden is located on the corner of West Side Ave. and Alpine St. If you're interested in learning about gardening and want to grow your own fruits and vegetables, please email us as well.

TAKING ACTION



On June 6, the JRF participated in "March of Solidarity" in honor of George Floyd and countless black victims of police brutality and racism by giving water to the protesters. There is no biological distinction between races. Race is a social construct created to oppress certain groups of people while giving an advantage to another group. While we get comfortable with being uncomfortable, we are in a unique position to support community healing and to advocate for economic and racial justice. As a Community Action Agency, we aim to effectively eradicate the causes and conditions of poverty and we understand that racial inequity rests at the intersection of multiple barriers that impede access to physical and economic security for children, families, and communities. "The ultimate measure of a man is not where he stands in times of comfort or convenience, but where he stands in times of challenge and controversy." -Reverend Dr. Martin Luther King, Jr.

YEP

Our Perth Amboy High School Youth Entrepreneurship Program (YEP) students Charlize Leon, Tavita Deonarain, Camila Guayasamin, and Yarilyn Collado presented their Business ideas to members of the Board Of Education, and employees of The JRF. These amazing entrepreneurs were chosen to represent Perth Amboy in the New York Metro Regional Pitch Competition. As you can imagine, this year it is very different from the past and our incredible students did not get the chance to pitch in person due to COVID-19. We allowed our shining stars to pitch virtually in front of an audience and gain feedback before they focus on making their final pitch submissions for Regionals.



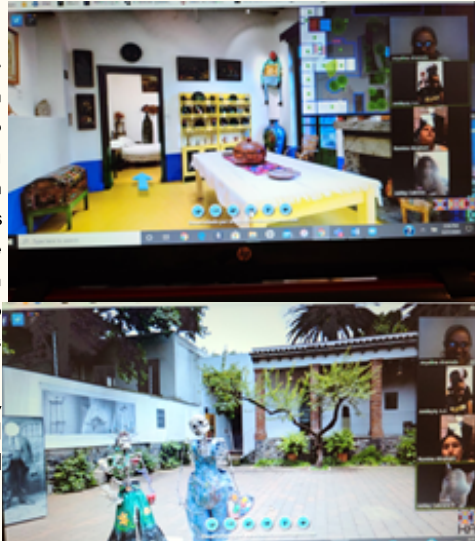


PAAC

In light of the times, one of our families spent their Memorial Day barbecuing sausages, burgers, and chicken sandwiches in the community garden. Thanks to a generous donation by our Woodbridge Home Depot. They were able to surround themselves with a garden full of strawberries, peppers, tomatoes, and more. They even assembled an outside plant stand and planted wildflowers to add to the beauty of the garden. If you are interested in spending some time in our community garden with your loved ones or would like to register for programming, please reach out to us at paac@jrfnj.org.

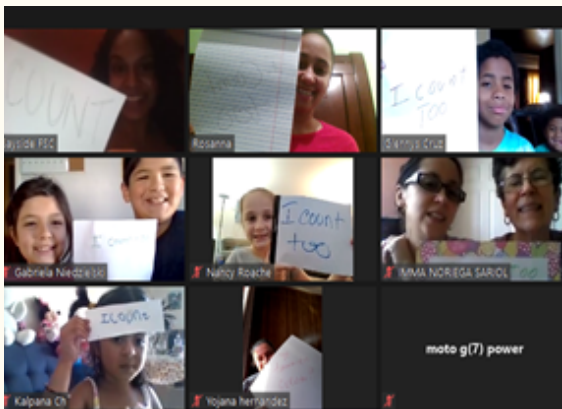
STEP UP

Did you know, Museums around the world are holding virtual tours! May 27, the Transition Support Program (TSP) participants of the Step-Up program participated in a virtual tour of The Frida Kahlo Museum in Mexico City, Mexico. Also known as the Blue House due to the cobalt-blue walls, it is a historic house and art museum dedicated to the life and work of Mexican artist Frida Kahlo. In addition, to Frida Kahlo's work, students were also able to enjoy the museum's collection of artworks by Diego Rivera, along with Mexican folk art, pre-Hispanic artifacts, photographs, memorabilia, and more. The tour ended in the large courtyard garden which was full of vibrant color, and beautiful greenery.



BAYSIDE FSC

Nothing can stop us from serving! Bayside FSC grows bigger and better each month with the support of partnerships, Bayside FSC provided a total of 20 virtual programs and a virtual challenge via Facebook. Programming ranged from parent-child programming, wellness workshops, mental health targeted support groups, and our monthly parent advisory board meeting. Our most



popular activities were "We Count"- A Family Scavenger Hunt, and our Family Day- Virtual Bingo where we had many families join us from Middlesex County, throughout NJ, and even as far as Canada.

HEALTH

On National Nurse's Day, the JRF Community Health Center recognized Nurse Luz Rosa, with a beautiful bouquet of roses and cake as our appreciation of her hard work and dedication. Luz plays a crucial role during this challenging time in our life. Her calm demeanor, warm heart, and level of professionalism make a world of difference to both our patients and staff. Her unwavering commitment to ensuring the health and well-being of our patients, as well as her ability to put patient's fears and concerns at ease makes her a valuable asset to our team. Thank you Nurse Luz Rosa for being so amazing!



ALTERNATIVE EDUCATION INSTITUTE



Let's go!

GET READY TO EARN YOUR HIGH SCHOOL DIPLOMA IN JUST FOUR MONTHS

Requirements

- ✓ Must be 16 years of age or older
- ✓ Must reside in Middlesex County, NJ
- ✓ Must be able to commit to a four month program
- ✓ Cannot be enrolled in any other educational institute

Virtual Learning



FOR MORE INFORMATION PLEASE CONTACT OUR AEI PROGRAM MANAGER BETSY RODRIGUEZ AT (732) 896-0552 OR BY EMAIL AT BETSY.RODRIGUEZ@JRFNJ.ORG

SILVER LININGS

We strive to keep seniors happy and hopeful. This month our partnership with Wellspring and Logisticare has allowed us to make positive changes within our program, to better assist our seniors. During our weekly Conference Calls, Wellspring has assisted us in providing our seniors with self-care tips to help them improve and maintain their well-being. Our partnership with Logisticare has allowed us to effectively deliver "My Choice Store" food to all of our seniors in a shorter amount of time than ever before, by providing our delivery service.

AMERICORPS

WE ARE ALL IN! On May 29, AmeriCorps members had a Zoom meeting with a speaker name Gian Paul, for their End-of-the-Year Graduation. He spoke about his journey through life and 3 key aspects that have allowed him to live a fulfilling life of service. As he spoke about his journey he pointed out 3 key things in life. One of them was to always live your values, know that people are always watching you even when you don't think that they are, and when you do something make sure you are "ALL IN". As AmeriCorps members during this very difficult time, we have to put our all into serving our community. Whether it is virtually or physically, his speech gave an extra push that the AmeriCorps members needed to stay focus and positive.

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