



Jewish Renaissance Foundation

"One People, One Heart"

JULY 2020 | ISSUE 7

JULY IS PUBLIC HEALTH OF PERTH AMBOY MONTH

The Official Newsletter of The Jewish Renaissance Foundation

UPCOMING EVENTS:

If anyone is interest in Saturday morning virtual High School Equivalency ("HSE") program for Spanish speakers, they should contact the AEI Program Manager, Betsy Rodriguez at: Betsy.Rodriguez@jrfnj.org or call 732-324-2114, ext. 100.

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

- ZUMBA Series continues - 7/21, 7/23
- Surviving Parenting During COVID 19 (English speaking series) – every other Monday at 6pm
- We Count Wednesday- every Wed. activities to remind you of the importance of filling out the Census.
- National Parent's Day Challenge: 7.24.2020 (all day on Facebook)
- We Count Bingo: 7.29.2020
- Craft with Us- for National Friendship Day -7.30.2020

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:

- 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.

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

- 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.

CITY OF PERTH AMBOY'S CENSUS 2020 CHALK-A-THON



On June 26th, The Base staff and students participated in the city of Perth Amboy's "CHALK-A-THON" event to bring awareness and encourage the Perth Amboy residents to participate in the census. The Base staff and students volunteered their time writing chalk messages in partnership with the Raritan Bay YMCA, P.A.R.T.N.E.R., and the United Way of Central Jersey.

We hope that the CHALK-A-THON encouraged more people to participate in the census. To ensure that our community gets the proper funding for schools, hospitals, the fire department, New home, and business improvements, and help New Jersey determine how many seats our state should allocate in the House of Representatives.

EMERGING LEADERS

The Emerging Civic Leaders for a Healthier Community Program has officially kicked off summer employment - VIRTUALLY! Members are painting wellness rocks that will be placed throughout the city of Perth Amboy illustrating words of encouragement, quotes, and valuable information, such as the suicide prevention hotline number, for community members. Also, each member is growing herb or vegetable planters, which will be given to Perth Amboy residents with a brochure on how to care for the plant, suggested recipes, and more.

As always, this program is dedicated to making Perth Amboy a much safer, healthier, and happier community to live in! If you would like to keep to date with our initiatives and their outcomes please follow us on Instagram and TikTok [engclperthamboy](https://www.tiktok.com/@engclperthamboy).

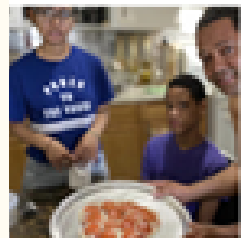
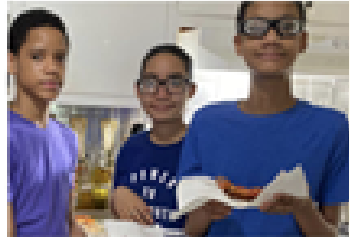


PAAC

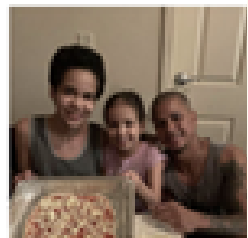
If you were looking for a safe place to gather with your family please come to the PAAC community garden. The Garden is located behind the Perth Amboy High School, and is filled with life! There are blueberries, peppers, tomatoes, squash, onions, and more, sprouting from our brand new metal garden beds. If you would like to volunteer in our garden, grow your own vegetables or just spend time with your family please email us at paac@jrfnj.org to determine a time slot.



BAYSIDE FAMILY SUCCESS CENTER



**BAYSIDE
FAMILY
SUCCESS
CENTER**



FSC partnered with Pizzarelli restaurant to provide families with pizza kits to make pizza at home for Father's Day weekend. This event engaged new families, reengaged existing FSC families, and also helped us support one of our local small businesses. We helped create a "How to Make Your Pizza" tutorial with video footage provided by Pizzarelli Restaurant and posted it on Facebook. A total of 55 children, 49 parents, and 33 individuals participated in this very successful event!

STEP UP

The Step-Up Program Manager delivered Class of 2020 graduation gift boxes to the program's graduating seniors. Each senior received a gift box filled with a Step-Up graduation cord, a mason jar filled with college advice/messages, a graduation dog, a bracelet, and many other things to congratulate them on their amazing achievement.



SILVER LININGS

Silver Linings focused on perfecting existing processes and ensuring quality programming was consistent during June. With the help of LogistiCare, Silver linings continued to deliver food to all participants. The partnership with Wellspring in June provided weekly workshops via conference call on various health topics. Lastly, in Silver Linings re-engaged one of their most avid partners United Health Care. In collaboration with UHC, Silver Linings provided a workshop via conference call - A Guide to Good Nutrition. The workshop offered tips on how to eat healthy and well in 3 easy steps. Our seniors were given information on how to balance their plates and learned how to read labels adequately.

In addition to these services, Silver Linings staff continues to conduct wellness calls consistently to all Silver Linings participants. Our seniors must know they are not alone during this time of social distancing and most importantly, they understand if they need any support our Silver Linings team is a phone call away.

THE BASE



Congratulations, Class of 2020! The Base staff hand-delivered a certificate of appreciation, a \$50 Barnes & Noble Gift Card, and graduation cords to the program participants. To commemorate their successful graduation at Perth Amboy High School.

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