

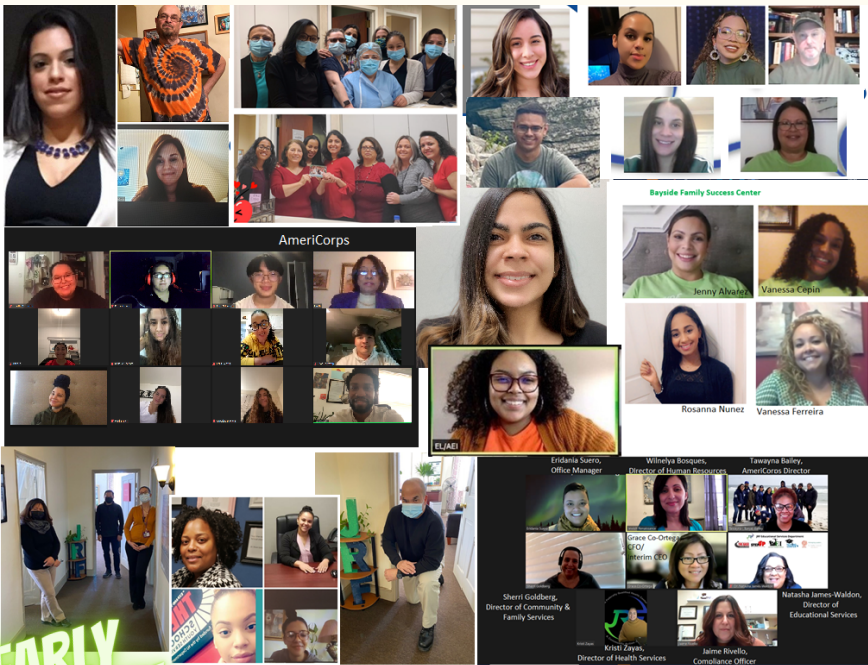


# MARCH

## The Official Newsletter of The Jewish Renaissance Foundation

"Women's history is the primary tool for women's emancipation."  
- Gerda Lerner, *March is Women's History Month*

## Employee Appreciation Day



**EARLY RELEASE!**

**March 5, 2021 was Employee Appreciation Day and as a small token of JRF's 'thank you' to the Staff for all they do, visit our Facebook and Instagram page to see a video highlighting all our programs and the wonderful faces of the JRF!**

**A great big thank you to our team, for all they do for our participants, patients, community, each other and the Agency!**

**With love and admiration, The JRF**

## JRF Community Health Center

The JRF-CHC continues its efforts to vaccinate as many eligible individuals as possible. To date, we have administered 599 1st doses and 361 2nd doses for a total of 960 doses of the Moderna vaccine in our fight against COVID. For more information about the vaccine and scheduling availability, please contact us at 732-482-9600.



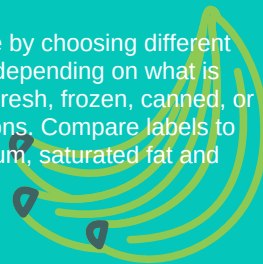
### MARCH EVENTS:

- Me Time: Monthly Mother's support group in Spanish! 3-18-2021 @ 6pm - Reach out to us for more information. [https://zoom.us/meeting/register/tJEpc--qqTstH9zWdlGVderg9bfUOVKocPKt](https://zoom.us/join/join?url=https://zoom.us/join/join?url=https://zoom.us/meeting/register/tJEpc--qqTstH9zWdlGVderg9bfUOVKocPKt)
- PAAC Weekly Giveaways on our Facebook Page – 3/19, 3/26
- Solar Family Jeopardy in both English and Spanish – 3/24 and 3/31 email us at [PAAC@jrfnj.org](mailto:PAAC@jrfnj.org) to find out how you can get a \$50 or \$100 visa card and be a part of keeping our community clean and green by using community solar.
- Couponing 101: Learn tips and tools to stretch your money, save and stay on budget! Join us on 3-25-2021 @ 6pm. Register Here!: <https://zoom.us/meeting/register/tJAVde-ppj0rH9WTfWMimacMoudqPMWZw4Xx>

### NUTRITION TIP:

March is also Nutrition Month, Academy of Nutrition and Dietetics suggest:

"Make snacking simple by choosing different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned, or dried are all good options. Compare labels to limit items high in sodium, saturated fat and added sugars."



## THE BASE



In Honor of February's Black History Month, The Base hosted a month long "Poetic Justice" competition. Students were encouraged to submit poems focusing on black history or relative social justice issues affecting the black community. The winning submission received a lunch of choice. Pictured to our left, the winner, John Arias, enjoys his well-deserved lunch!



RECRUITING FOR ALL THREE OF OUR PROGRAMS:

- AEI General Program** - Monday thru Thursday 9:30 AM - 12:30 PM  
1:00 PM to 4:00 PM
- AEI Adult Program** - Friday 9:30 AM - 12:30 PM (Private Tutoring Available)
- AEI Spanish Saturday Program** - Saturday 9:30 AM - 12:30 PM  
\*\*For Spanish Speaking Only\*\*

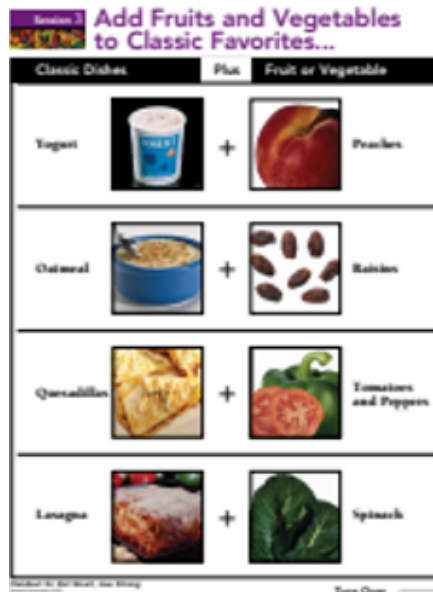
Call or email us today to learn more about how you can obtain your High School Diploma from the comfort of your home in the next four months.

**Call : 732-896-0552**  
**Email: jrfalternativeducation@gmail.com**

149 Kearny Avenue, Perth Amboy, NJ 08861 2nd FL

## SILVER LININGS

The Silver Linings team continues to find innovative ways to engage our senior community. Silver Linings partnered with SNAP-Ed to bring nutritional classes to our senior community; focusing on life skills like eating smart, how to shop for healthy food items and finding new ways to prepare fruits and vegetables. The class even incorporates simple exercises that can help improve balance and increase flexibility among our senior group. Look at what our senior group learned during the Month of February. Currently, our groups meet every week connecting via conference call.



**ABOUT US**

The Alternative Education Institute (AEI) program offers a **FREE** comprehensive education curriculum delivered in a non-traditional and remote learning environment to help students ages 16 and older obtain their New Jersey State High School Equivalency Diploma.

| EDUCATIONAL SERVICES   | PROGRAM HOURS   | ELIGIBILITY CRITERIA  |
|--|---|---|
| We are currently enrolling new applicants into all three of our educational programs: AEI General Program, AEI Adult Evening Program and the AEI Saturday Spanish Program (SSP). | <b>AEI General Program</b> (Monday - Thursday)<br>9:30 AM-12:30 PM / 1:00 PM-4:00 PM<br><b>AEI Adult Evening Program</b> (Wednesday Night Only)<br>5:00 PM-8:00 PM<br><b>AEI Spanish Saturday Program</b> (Saturday Only)<br>9:30 AM-12:30 PM | Must be 16 years old and older.<br>Must live in Middlesex County, NJ.<br>Must not be enrolled in school or any other educational program/institute.<br>Must be able to provide valid documentation.<br>Must be able to commit to a (4-6) month program. |

**GET IN TOUCH:** (732) 324-2114 Ext. 100 • 149 Kearny Avenue 2nd Floor, Perth Amboy, NJ 08861  
 jrfalternativeducation@gmail.com • www.jrfnj.org/socialservices

**ALL ELIGIBLE PARTICIPANTS WILL HAVE ACCESS TO FREE PRIVATE TUTORING LESSONS, CASE MANAGEMENT AND OTHER ADDITIONAL RESOURCES TO HELP STUDENTS ACHIEVE ACADEMIC SUCCESS.**

## STEP UP

To celebrate Valentine's Day, students from the Step-Up Program participated in the event, Game of Love on Thursday, February 11, 2021. This event consisted of a Family Feud game (Valentine's Day edition). Students were divided into two groups to answer a variety of questions, which included fun and educational questions in honor of Teen Dating Violence Prevention Month. At the end, four students won a bouquet filled with a variety of candy and chocolates, and two more students won a box of chocolate.



### AEI Eligibility Requirements:

- Must live in Middlesex County, NJ
- Must be at least 16 years old
- Must not be enrolled in any other program or institution
- Must be able to provide valid documentation including citizenship status

For more info please contact 732-896-0552



## FAMILY SUCCESS CENTER

The VITA (Volunteer Income Tax Assistance) tax prep-program launched on February 1, 2021 at the Bayside Family Success Center. The Bayside FSC, along with the entire JRF Community & Family Services staff and volunteers, worked hard to develop a process to keep everyone involved in this initiative safe. The Bayside FSC took the lead and has been in continuous communication with our collaborating partner, United Way, to ensure a smooth process for each tax filer. Intakes are completed by telephone and an appointment is scheduled for the tax filer to drop off their documents safely, in a secure drop box at the Bayside FSC.

The Bayside FSC was also able to host a great parent child activity to commemorate Valentine's Day. Activities like "Hot Chocolate & Paint" as well as "Baking with Grandma" were offered to families virtually via Zoom. The Bayside FSC staff created and carefully distributed activity kits to support the families.



"Baking with Grandma"

## PERTH AMBOY ALLIANCE FOR COMMUNITY (PAAC)



The month of February included strong collaborations for the PAAC Small Business team, as we provided COVID relief materials for our PAAC Small businesses and provided consultation for grants. Hand sanitizers, facemasks, window clings and reusable bags were distributed amongst several businesses in the fight against COVID. The PAAC small business team also made it a priority to assist our small businesses with valuable financial information. This focused commitment by our team led to two of our neighborhood businesses securing an award from the Middlesex County Small Business Relief Grant one for a \$24,000 grant and another for an



United Way drop box at the Bayside FSC

\$8,000 grant! The PAAC team is excited to continue to advocate for our small businesses and we look forward to continuing to provide assistance and support in the future.

Our PAAC team also met with Creative NJ and Triad to discuss the next steps of creating our 10-year master plan for the neighborhood to submit to the NJ Department of Community Affairs. We continue to gather data in an effort to design and create the utmost effective plan for the growth and wellbeing of our families and our neighborhood's future. In addition to these exciting collaborations, PAAC has expanded its team and welcomes its newest AmeriCorps member, Yeng Shao.



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