



OCTOBER IS NATIONAL HEALTH LITERACY, 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 :

- Tip Tuesdays: Visit us on Facebook to learn tips and tools around remote learning shared with families every Tuesday.
- Financial Peace Classes began! We are hosting the English Cohort every Monday from 6-8pm. All students received a student's kit to participate and follow along in class.
- Pumpkin Decorating: a partnership with Target, the City of Perth Amboy and PAAC. Register to receive a pumpkins and decorating tools and join us via Zoom later that evening 10.21.2020 @6pm so we can decorate together.
- Craft with Us- A conversation about bullies- 10.22.2020@6pm
- It's a Diaper Pop Up!: We will be partnering with Central Jersey Health Consortium to provide free diapers to families from 10-2pm on 10.28.2020.
- Yes to Friends, No to Bullies: a workshop geared for children between 3-7 years old. 10.28.2020@5:30pm
- Mad Scientist Night: we will be collaborating with Target to deliver science kits to 12 families to be able to make gummy bears at home. Must register! 10.29.2020@6pm.

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:

- Wise Program: A partnership with Wellspring. The WISE program six-lesson curriculum that will be held via conference call every other Thursday from 2:00 pm to 3:00 pm.
- Wellness Calls- continues and ongoing throughout the month of July.
- Choice Store Delivery: Deliveries will be conducted on 11/4, 11/11, & 11/18

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

- PAAC Neighborhood Trivia (Facebook) 10/12 - 10/16ü
- PAAC Team Meetings-on a biweekly basis 10/14, 10/28ü
- PAAC Pink Out Day for Breast Cancer Awareness – 10/22
- PAAC Neighborhood Cleanup – 10/2

If you are or anyone you know between the ages of 14-21 are

interested in becoming an Emerging Leader please apply at the following link or visit the JRF website to learn more!

- <https://docs.google.com/forms/d/e/1FAIpQLSc5kqn2TcmEE1YmwsV6idJ8qbz46daTJI-bGcoGrsFVGQEHg/viewform>
- https://www.jrfnj.org/community_action/emerging-civic-leaders-for-a-healthier-community/

STEP - UP

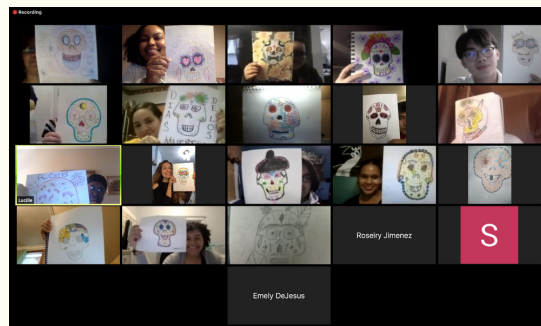
The Girl Talk group started running in September. This group currently has 14 students who are constantly engaged. During the first few meetings, we discussed Friendships and how it influences their lives. Another topic we have discussed is Bullying. We had the opportunity to watch the movie, Wonder, which focuses on Bullying and Friendship. The girls loved this film and were able to relate to the story. The girls are currently working on a Bullying project they will be presenting on "Lights on Event" an event the AUL is putting together for all after school programs.

The Step-Up Program also. partnered with the City of Perth Amboy and participated in a Census event to promote residents to complete the questionnaire. Step Up participants volunteered and got to engaged with community members. Participants walked around the city to ensure residents completed the questionnaire.

Since September was Suicide Prevention Month, the program was very active in engaging students through the social media platform, Instagram. Facts and information were provided to students to review and get educated on the topic. Also, they received words of encouragement and resources they can look after to receive the support they need. A lot of self-care techniques and ideas have also been provided to participants, so they have ways to deal with stress and anxiety.

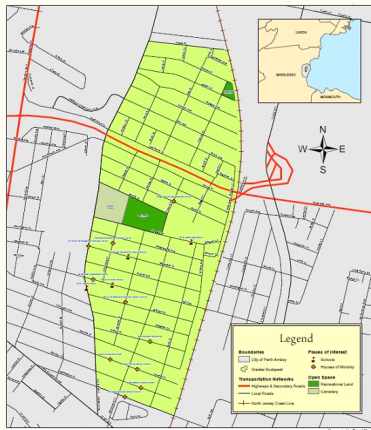


AMERICORPS SIP AND PAINT



On September 29, AmeriCorp members stretched their artistic muscles by engaging in drawing during their weekly meeting. In the spirit of the season members were given directions on how to draw a skull, resembling the skulls of Día de Muerto, and were given free range to decorate them as they pleased. Those that were voted the best were given AmeriCorp gear. AmeriCorp members are currently volunteering from home and among their service and trainings they continue to engage in team building activities

PERTH AMBOY ALLIANCE FOR COMMUNITY



PAAC worked with Americorps members to maintain the garden for our PAAC families. We are preparing for the upcoming seasonal changes by prioritizing our crops and understanding what we must do to start the closing process. The PAAC team has also taken advantage of the new virtual environment by starting our very own Facebook group with the partnership of Creative NJ. You will start to see "Messages of Hope" throughout the PAAC Neighborhood. Come join us as we talk about what your neighborhood needs? If you are interested in joining us in the community garden next year please reach out now at paace@jrfnj.org.

BAYSIDE FAMILY SUCCESS CENTER



In September the Bayside FSC partnered with the PAAC program, Logisticare and Quick Stop restaurant to celebrate Grandparent's Day. Last year, it was a well-attended program and we provided activities and great food to celebrate the important role Grandparents play in families. It was important for us to ensure we provided an activity as successful as the one from last year. Through information shared by our Silver Linings Senior program, we learned our seniors are feeling isolated and having the most difficult time connecting virtually due to a lack of tools and knowledge. With this in mind, the Bayside FSC coordinated a "Nominate your Grandparent" activity. In doing so, we created a google form in which family members could nominate a

grandparent in their lives to a free lunch. This form also provided an opportunity to share a personalized message with their grandparents. Bayside FSC team printed and included the messages in the lunches. We provided a thoughtful experience for 29 grandparents delivered through our partnership with Logisticare.

BREAST CANCER MONTH



In honor of this month being Breast Cancer Month, Sherri Goldberg, our Director of Community and Family Services shared her story of survival. Goldberg addressed nearly 100 people at Perth Amboy's Flag Raising Ceremony, on Wednesday 21th., Dr. Natasha James-Waldon, our Director of Educational Services said "Sherri had everyone in tears as she took us through her journey from a cancer patient to becoming a surviving warrior." According to the World Cancer Research Fund Breast is the most common cancer among women with 1.7 Million new cases.



Bayside Family Success Center
in collaboration with Central Jersey Diaper Bank

It's a DIAPER pop-up

Free diaper distribution for registered families

Oct 28, 2020

Appointments available from 10-2pm

Must register to receive an appointment:
centraljerseydiaperbank.org/bayside

Location of distribution will be shared when you make an appointment

FOLLOW US ON FB: [FACEBOOK.COM/BAYSIDEFSC](https://www.facebook.com/baysidefsc)

Central Jersey Diaper Bank
A Program of the AEDC Inc.

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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 information please contact the AEI Program Manager at 732-896-0552 or by email at betsey.rodriquez@jrfnj.org

DOES YOUR FAMILY LIVE HERE?

HELP US CREATE THEIR TOMORROW

PERTH AMBOY PAAC ALLIANCE FOR COMMUNITY

BE A PART OF THE PERTH AMBOY ALLIANCE FOR COMMUNITY NEIGHBORHOOD ASSOCIATION

FOR GIVEAWAYS AND EVENTS
Join Us on Facebook
PAAC Call to Collaboration,
Call (732) 934-2700
or Email us: Paac@Jrfnj.org

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