



Jewish Renaissance Foundation

Upcoming Events:

- **School-based & FSC** — will partner on May 16th to conduct the FASFA Workshop entitled "How Can I Help My Family." The workshop will be held from 6:30 pm to 7:30pm at 149 Kearny Ave, Perth Amboy, NJ.
- **Silver Linings**— Silver Lining participants will be attending the Hackensack Meridian Health's Mitchell Vassar Vision Awareness Day from 11:00am to 2:00pm on May 16th at the Grand Marquis, 1550 Route 9 south, Old Bridge. This free event, focusing on "Living Beyond Limits," includes lunch and a resource fair with exhibitions from an array of Hackensack Meridian Health network services and programs. A collection will also be held for unwanted eyeglasses for the Lions Club Recycle for Sight Program, benefiting visually impaired adults and children.

Did you know?

The Jewish Renaissance Foundation is a community action agency that proudly serves citizens of Perth Amboy and surrounding towns in Middlesex County. This year, we impacted 7,000 individuals in various aspects which included; education, health, and financial well being. More than 90% of the individuals we served found success in our variety of programs and events.

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May is Community Action Month

1000 Community Action agencies across the country cover 99% of America's counties in all 50 states, the District of Columbia and Puerto Rico



Our Programs and Events

Family Fun Fair: The Bayside FSC hosted the Family Fun Fair at Richardson Elementary School and it was rousing success. 113 families registered for the event including 129 adults, 272 children, and 6 seniors. FSC more than exceeded their level of service goal of 200 individuals. Those who attended were given information from FSC partners who tabled at the event in addition to Zumba, line dancing, face painting, balloon animals and free Rita's ice cream.

Emerging Leaders – Emerging Leaders for a Healthier Community Program provides youth in Perth Amboy with hands on experience in community health

and the opportunity to make lasting change in their community. In preparation for their summer projects our young leaders are conducting survey to residents of Perth Amboy to assess the severity of Food Insecurity in the city. They will then, as part of their eight week summer employment partner with the city of Perth Amboy to distribute free lunches at Caledonia/Roessler Park on Sadowski Parkway, Perth Amboy.

Comfort Partners: The Comfort Partners program has begun work on another project to remove weatherization barriers. A client in Port Reading qualified for the Program but work was halted due to

water penetration. The JRF has fixed this issue and weatherization can now be completed, reducing the client's energy costs.

SBYSP: School Base Youth Services Program participants remained busy during their spring break as they went on a college tour to Ramapo University, attended the Opportunity Scholarship Program/EOF High School Conference at New Jersey City University and volunteered at Family Fun Day. What better way to spend your spring break than visiting a college campus and giving back.



Step Up will be taking the lead on the Anti-Poverty Youth Summit beginning Monday, July 15th to August 1st. This program provides rising 9th graders to 12th graders with an opportunity to look at how poverty affects Health. This program will be held Mondays through Thursdays providing interactive workshops and service project opportunities.

For more information contact Mallelyne Peralta at Mallelyne.Peralta@jrfnj.org

Alternative Education Institute

AEI went to the Community Garden at Perth Amboy High School with Lorraine Meijas, the Community Garden Coordinator, for Earth Day. Being an environmentally friendly and food secure avenue for acquiring food the Community Garden teaches students the value of sustainability while providing them a hands on experience. Life skills such as these are one of the two components of AEI, giving students the tools they need to develop and grow.



AmeriCorps

JRF would like to introduce you to Tobi Raji, an AmeriCorps member working with Emerging Leaders. Tobi Raji is currently in her second term with AmeriCorps. Tobi is interested in improving the health of all people regardless of race, religion, color, or affiliation. Working with Emerging Leaders has given her a new perspective on what it means to engage with a diverse population. Being from Franklin Township she did not

have much experience in a heavily Hispanic community, now Tobi has been given a new understanding on why these experiences are important. In the Future she plans to become an OB-GYN and work with Doctors without Borders. We look forward to seeing Tobi continue to excel!



Health Center

Enrollment/Outreach and Credentialing Coordinator Trupti Upadhyay has made a connection with a local radio station 100.7FM. On May 3rd at 6:15 PM she was hosted by the station to discuss the services offered by the JRF Health Center. Both the radio host and listeners had additional questions which lead to the suggestion of a Q&A so callers could receive more avenues. This type of outreach helps the Health Center attain their goal of increasing patient flow.



Silver Linings recently partnered with Hackensack Meridian Health in the "Are You Really Healthy?" workshop series. Silver Linings participants had an opportunity to learn about the 5-pillar approach to obtaining optimal health and well-being. This holistic approach to wellness helped seniors learn how to thrive by optimizing their food, sleep, movement, environment and mind. This event marked the commencement of Silver Linings "Let's Walk" series whereby participants wanting to maintain a healthy lifestyle by "movement" walk at the Perth Amboy Waterfront Park three varying days a month from 11:00am to 12:00pm.

