



### Upcoming Events:

You can email us at [Bay-sidefsc@jrfnj.org](mailto:Bay-sidefsc@jrfnj.org) to register :

- 5/11 Surviving Parenting Support group parents/caregivers on ZOOM at 6pm
- 5/12 Family Zumba For all age groups on ZOOM at 6pm
- 5/19 Coping W/Stress during Covid19 by United Health Care For adults-SPANISH on ZOOM at 5:30pm

You can email us at [PAAC@jrfnj.org](mailto:PAAC@jrfnj.org) to register:

- “ESL Classes Every Monday and Wednesday at 5:30pm
- YOGA every Friday at 3PM on Zoom

#### The Base

- High School Parent Hotline 5-7 Thursdays
- Teen Talk (English) Tuesday 3-5
- Teen Talk (Spanish) Wednesday 3-5
- Virtual College Tour: College of St. Elizabeth - 5/8 2-3pm

#### Step-up

- May 20- Virtual Hispanic Heritage Museum Tour
- Girl Talk Tuesday and Thursday from 4pm-5pm

#### Did you know?

According to [Childhelp.org](http://Childhelp.org), child abuse is reported every ten seconds. Now that we are all home children are at an increase risk of abuse.



VOLUME 1, ISSUE 2

Newsletter Date: APRIL 2020

## April is Child Abuse Prevention Month



EVERYONE CAN MAKE #GREATCHILDHOODS HAPPEN. ESPECIALLY YOU. ESPECIALLY NOW!

## Our Programs and Events

### Silver Linings

The Silver Linings started working remotely and we able to brainstorm how to continue providing food to our seniors during COVID 19. Through a partnership with Americorps, Tawayna Baily, and our own JRF Super Hero, Hiram Class, we were able to keep My Choice Store operating. Every week Tawayna and Hiram pick up food on Tuesdays and Wednesdays from our partner McFoods, prepare bags for delivery and ultimately deliver those bags to our seniors scheduled to receive food. We have changed our distribution to provide food weekly to approximately 8-10 seniors. Silver Linings staff takes care of all the logistics and we are so grateful we can continue to provide food to our most vulnerable. Both Tawayna and Hiram are rock stars!

Lastly, the Silver Linings Team has been avidly reaching out to our seniors regularly to ensure their safety and wellbeing. Since we have been working remotely, we hosted our first conference call “Meet-Up”.



## AmeriCorps

AmeriCorps members had an opportunity to create a video for The New Jersey Commission. The video discussed how they are still serving from home. Janelle spoke about calling past courts to make sure they were doing well. Emely researched federal and state resources that can benefit participants of the JRF.

And Tahino spoke about what we can do collectively as AmeriCorps members to educate our community.

The AmeriCorps members agree that serving from home has been an incredible opportunity for growth

and personal development. They have had the opportunity to serve others and make sure their community is supported even while they themselves adapt to all the changes resulting from this pandemic. From this unusual experience, the members are embracing the lesson that service can be carried out anytime, anywhere, which will not only impact their current AmeriCorps term, but throughout their lives.



## JRF Educational Services

The Step-Up Program provided a virtual spring break experience from April 13 to April 17 for their program participants. The virtual spring break experiences included cooking contests, games, exercise programs, and virtual college tours. One of the college tours was provided by St. Peter's University, where Associate Director Anthony Rodriguez treated 10 participants to an overview of the programs that the school offers, as well as a virtual tour of what the campus looks like. The Bayside FSC partnered with the JRF's Education Department to organized tutoring and technology support for parents and children K through 12 grade during this time.



## PAAC



Get ready to get down and dirty for the opportunity to grow peppers, tomatoes, strawberries, and many other fruits and vegetables. The PAAC staff have been working hard to prepare the community garden for those who are interested in adopting a plant bed.

We understand that many have lost their jobs, but now is the best time opportunity to take time to expand your knowledge and to build your resume. PAAC has also been focused on contacting all our small businesses and residents to check in and see how we can support. We have been offering some professional development workshops though out April. "Elevating Your Career" is targeted for our residents in the PAAC neighborhood. If you need help writing a cover letter or resume, are curious about how to use LinkedIn, or need help navigating job board websites please reach out to us to set up a one-on-one appointment.

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.) and fill out an application. If you are interested in any of our services please email us at [paac@jrfnj.org](mailto:paac@jrfnj.org).

## Housing Assistance at the Health Center

We are more than just a health center! The amazing staff of the health center has gone over and beyond to assist the patient throughout their time of need. The Behavioral Health Department at the JRF Community Health Center was able to provide housing assistance to a patient. The patient began seeing us in September 2019 and expressed concern regarding her current housing situation. Although she had her own private room, she was uncomfortable with sharing a public bathroom with other residents. Our LCSW was able to reach out to the New Jersey Department of Community Affairs to expedite the process of securing an apartment with a private bathroom for our patient. Our LCSW was able to complete and submit a Reasonable Accommodation application, which was approved but there was not much progress with the landlord solidifying the move for our patient. When our Behavioral Health Care Worker was brought on, she was able to finalize things with DCA and the patient came in last week to report that she had been approved for the apartment she wanted and will be moving in April. Not only were we able to help bring the patient the privacy she needed, but this situation also encouraged her to be more of an advocate for herself. It was a win all around for the JRF Community Health Center.

## Bayside Family Success Center

As a result of COVID 19, we all learned very quickly how to virtually communicate. Nothing could have prepared us for this very unique experience of working from home.

Our team and families realized more than ever the importance of connection and engagement. The FSC team is collaborating with other programs in our Community & Family Services Department to gather resources and information to best support our families. Our number one priority was to reach out and connect with all our registered families to ensure they were ok and to let them know we were still working to support them. We have been using Zoom to hold virtual Zumba classes which many families have participated in each week. Zumba promotes heart health, helps distress, improves coordination, and is overall a fun way to get exercise.

