



"Once you choose hope, anything's possible."

Christopher Reeve



Zoom
Appointments
Can be made by
calling our
cellphone
908.875.0034

April
2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	06 Utility Assistance by Zoom appointment 12pm-2pm	07 DIY Body Butter Live @ 4pm	08 Resource Update Video @ 2pm	09 Active Parenting @3pm Stone Art Family Fun @ 5 pm	10 Guided Job Search @2pm Active Parenting @3pm	11
	13 Utility Assistance by Zoom appointment 12pm-2pm	14 Avocado & Honey Masks Live @ 4pm	15 Resource Update Video @ 2pm	16 Active Parenting @3pm Fireworks in a Glass @ 5pm	17 How to Write a Cover Letter Video @ 2pm Active Parenting @3pm	18
	20 Utility Assistance by Zoom appointment 12pm-2pm	21 DIY Aroma Therapy Live @4pm	22 Resource Update Video @ 2pm	23 Slime! Live @ 5pm	24 How to Dress for Success Video @ 2pm	25
	27 Utility Assistance by Zoom appointment 12pm-2pm	28 DIY Stress Balls Live @4pm	29 Resource Update Video @ 2pm	30 Origami Frogs Live @ 5pm		

Live Videos on Facebook @ Bayway Family Success Center
Utility Assistance & Guided Job Search/ Resume Building by Zoom Appointment Mondays & Fridays
All video are uploaded on Facebook, Instagram and YouTube @ the designated times.
Make sure to follow us on all of our Social Media to keep up with programs, resources, announcements and more!

HEALTH AND WELL-BEING

We understand past few weeks have been challenging and do hope you & your families are **SAFE AND WELL**

The Bayway FSC is here to provide the most up to date information to help you & your families
Share this information with anyone who may need

No time like the present!

Use this time to reflect, rest, meditate, create art or explore a new skills you've always wanted to learn or
take time to check out some activities, resources & tons more offered by our partners (Thank you!)

Webinars free!

Videos will be shared via links or check out our Facebook for more info!

Facebook



**Click these links to register for upcoming virtual courses,
ALL FREE**

New Jersey Self-Advocacy Project:

**Healthy Stress Management & Outdoor
Safety Tips**

Healthy Communication & Staying Connected

Tuesday, April 21 2p-3p

This webinar is all about healthy communication & boundaries during the "stay at home" order, as well as ways to stay connected while we are apart

REGISTER HERE

Tuesday, April 28 2p-3p

This webinar will focus on more ways to manage stress in a healthy way. Even though we're spending more time at home, it is still important to maintain a routine and stick to your health goals!

REGISTER HERE

Navigating Pregnancy During Covid-19

Tuesday April 21st 3:30 pm

Ask an OGBYN-Tammy Murphy and ACOG's Dr. Lisa Gittens-Williams

JOIN IN HERE

Operation Parent is here to support parents, schools, & coalitions who are responsible for helping to shape the lives of teens and preteens.

OPERATION PARENT WEBINARS

Perinatal Mental Health Webinar Series

May 7 - Mental Health in Pregnancy and Postpartum During COVID-19: Clinical Tips and Strategies for Helping Your Patients Manage Anxiety

May 14 - Concerning Dads: Postpartum Depression in Fathers

May 21 - Postpartum OCD: Making Sense of Scary Thoughts

REGISTER for WEBINARS HERE

BROADBAND OPTIONS FOR STUDENTS: COVID 19

Free for 60 days

For students K through 12/ college students

Major telecommunications will not terminate services to residential or small businesses

Waived late fees

Open Wi-Fi hotspots to any who needs

See article for details

Visit Website

SPANISH MATH VIDEOS

FREE Guided Meditation for Educators

NJ LEEP Free Resources for Students

Family Yoga

Virtual Class Series!

Wednesdays 4/15, 4/22, & 4/29 @ 10AM

With seasoned dance/yoga instructor and Elizabeth resident, Carolina Jaurena!



How does yoga help your body?
What does "Namaste" mean?
Learn the basic poses, plus breathing and meditation techniques that will improve your wellbeing!

Classes will be given through Zoom and you can join right from the comfort of your home! To learn more about the instructor, visit www.carolinajaurena.com



To register and receive a code to join, please email cflores@elizpl.org

URBAN LEAGUE OF UNION COUNTY YOUNG PROFESSIONALS 2020 SCHOLARSHIP

The ULUCYP Scholarship was created to help Union County Residents offset costs associated with furthering their education.

There will be a \$500 scholarship awarded to each of the following: High School Senior, College Junior or Senior, and Graduate Student.

Funds will be sent directly to the student for use towards tuition and/or books. Please see below for eligibility requirements. Applications are available at ULUCYP.SQUARE.SITE

ELIGIBILITY REQUIREMENTS

- Current Union County Resident
- Minimum GPA 2.75
- Proof of 2020 enrollment status

Applications are due no later than May 31, 2020

For more information, please contact:
Treasurer: Curtis Myers, Jr.
at scholarships.ulucyp@gmail.com



READY-TO-HEAT-MEALS

International Rescue Committee collaborates with the City of Elizabeth & Freeholder Granados to distribute ready-to-heat meals throughout Elizabeth in partnership with World Central Kitchen

What does this mean?

Meals will be available daily starting April 2 for all community residents struggling with food security

Food will be distributed MONDAY through SATURDAY from 12pm-2pm

Residents can pick up meals EITHER:

Stephen Sampson Senior Center,
800 Anna Street Elizabeth, NJ

O'Donnell Dempsey Senior Center,
618-622 Salem Avenue, Elizabeth, NJ

NO IDs will be checked

Remember to practice all recommended precautions relating to social distancing when leaving home and should NOT leave home if you are feeling sick

ONE PERSON PER HOUSEHOLD should pick up food for the entire household
Limited to 2 MEALS per family per day

Mayor Chris Bollwage, Freeholder Sergio Granados,
World Central Kitchen, City of Elizabeth Department of Health & Human
Services, Union County Office of Community Engagement & Diversity,
and International Rescue Committee
Presents:

MEAL DISTRIBUTION

**At
TWO
Locations!**

Every Monday through Saturday
12-2pm

O'Donnell Dempsey Center
618 Salem Avenue
Elizabeth, NJ

Stephen Sampson Center
800 Anna Street
Elizabeth, NJ

State of New Jersey COVID-19 Jobs and Hiring Portal

Did you lose your job or have your hours reduced as a result of COVID-19? Businesses across New Jersey need thousands of workers for immediate hire. Learn more about who is hiring in your community.

Employers in critical industries should submit information about openings with urgent

SEARCH FOR JOBS

Over 45,000 Jobs available throughout New Jersey

2020 CENSUS

Remember to TAKE THE CENSUS !

Every household & every person counts!

The goal of the 2020 Census is a complete and accurate count of everyone living in the United States and its five territories.

It determines the number of schools, hospitals and other services needed in YOUR community.

**[CLICK HERE](#)
to learn how to
respond by phone, online or mail**



EMERGENCY MEDICAID

Assistance for undocumented individuals

YOU MAY QUALIFY FOR EMERGENCY MEDICAID (PE)

Requirements: includes but not limited to:

- have no documentation from the U.S Citizen and Immigration Service; or
- Are non-immigrant (students, temporary workers, or children of a worker or visitor on business; or
- Are a qualified alien who is subject to the 5-year bar* on Medicaid, such as lawful permanent residents, aliens granted parole for a least one year, and certain victims of domestic violence. (this 5-year bar does not apply to children and pregnant women)

Links below will link you to more info:

Qualification/Requirements

Explanation of Program



**Your Good Health —
Our Dedication.**

Do you need health insurance?
WellCare can provide you with
**NO-COST or LOW-COST HEALTH
INSURANCE** through NJ FamilyCare.

Want to know more? Call us at
1-888-453-2534 (TTY 1-877-247-6272)
Monday–Friday, 8 a.m. to 6 p.m.
Or you can call a WellCare
representative:
Clarissa Robles
732-374-6664

Call for more information:	
WellCare	1-888-453-2534 (TTY 1-877-247-6272)
NJ FamilyCare	1-800-701-0710 (TTY 1-800-701-0720)

WellCare
Health Plans

NJ02038_CAD_FLY_ENG State Approved 06/24/2014

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**Su buena salud —
nuestro compromiso.**

¿Necesita un seguro de salud?
WellCare puede proveerle un **SEGURO
DE SALUD SIN COSTO o de BAJO
COSTO** a través de NJ FamilyCare.

¿Desea saber más? Llámenos al
1-888-453-2534 (TTY 1-877-247-6272)
de lunes a viernes, de 8 a.m. a 6 p.m.
O puede llamar a un representante
de WellCare:
Clarissa Robles
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CENTRAL JERSEY LEGAL SERVICES



During this time of staying at home and social distancing, CJLS remains committed to providing free legal help to low-income residents of Central NJ. We are still providing the same services we always have. Staff are working remotely and are here to help both new and existing clients. Our telephone messages are being monitored and responded to as quickly as possible. If you need legal assistance, call the CJLS office in your county and leave a detailed message or email us at cjls@lsnj.org. Someone will get back to you. Stay Safe!

CALL US:

Mercer County
609-695-6249

Middlesex County
732-249-7600

Union County
908-354-4340

Email
CJLS@LSNJ.ORG

www.centraljerseylegalservices.org



**UNION COUNTY
RAPE CRISIS CENTER**

**WE ARE STILL
HERE TO HELP!**

Amidst the COVID-19 (coronavirus) pandemic, the Union County Rape Crisis Center has had to make some temporary changes in service. However, please rest assured that this will not stop us from serving survivors as well as the community at large.

Our Confidential Sexual Violence Advocates are available 24/7 to help:

908-233-7273
- 24/7 Crisis Hotline
- Remote Crisis Counseling and Support Services
- Telephonic Medical and Legal Advocacy
- Prevention Education Available Virtually
- Referrals to Community Resources

 Sponsored by the Union County
Board of Chosen Freeholders
UNION COUNTY
We're Connected to You!

When the Coronavirus Hits Home: Putting Child Care Plans in Writing Just in Case

POWER OF ATTORNEY DOCUMENT

Steps to protect yourself and children, the POA form that designates a temporary legal guardian in the event a parent or parents become ill or incapacitated

Get UP, Get on UP!

Elizabeth Public Library shared Apps

Barre3 – Online barre classes with a 15-day free trial

CorePower Yoga – Free access to yoga on demand

Fitzala – Free at-home crossfit workouts

Obe Fitness – Live fitness classes with 30 day free trial (use code ATHOME)

Peloton – Free 90-day trial subscription to home workout app, no bike or treadmill needed

Planet Fitness – Free 20-minute home workouts at 7pm EST via Facebook Live

Retro Fitness – Free workouts on Youtube and Facebook Live at 6pm EST

Solidcore – Free workouts on Youtube

Tone It Up – Free access to Studio Tone It Up app

YogaWorks – Online yoga classes with a 14-day free trial

With any concerns please reach us at
908-875-0034
or our Facebook and Instagram
Search: Bayway Family Success Center

For the most UPDATED INFO on COVID-19
Check out this link

Call (General COVID-19 Questions) 2-1-1 (7a-11p)
Call (Medical COVID-19 Questions) 1-800-962-1253 (24/7)
Text NJCOVID to 898-211 to receive alerts

REMEMBER:
Wash your hands
Stay home, especially if you are not well
& disinfect surfaces daily
Stay 6ft away from individuals

