



"My mission in life is not merely to survive, but to thrive; and to do so with some passion, some compassion, some humor, and some style."

Maya Angelou



Zoom Appointments  
Can be made by calling  
our cellphone  
908.875.0034

May  
2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					01 How to write a thank you email @ 2pm	
	04 Utility Assistance by Zoom appointment 12pm-2pm	05 W.O.W Live Chat on Zoom @ 4pm	06 Resource Update Video @ 2pm	07 Brownie from Scratch Let's Bake Together @ 4pm	08 Do's and Don'ts of Professional Email Writing @ 2pm Mother's Day Card Making Live @ 4pm	
	11 Utility Assistance by Zoom appointment 12pm-2pm	12 D.I.Y Bath Bombs @ 4pm	13 Resource Update Video @ 2pm	14 Banana Pudding Let's Bake Together @ 4pm	15 Email etiquette for job seekers @ 2pm	
	18 Utility Assistance by Zoom appointment 12pm-2pm	19 W.O.W Live Chat on Zoom @ 4pm	20 Resource Update Video @ 2pm	21 Hand Washing Tutorial @ 4pm	22 How to conduct yourself in an interview @ 2pm	
	25 Utility Assistance by Zoom appointment 12pm-2pm	26 Easy Canvas Painting @ 4	27 Resource Update Video @ 2pm	28 Healthy Food Alternatives @ 4pm	29 Questions to ask during an interview @ 2pm	HELLO May

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!





## We're Here to Help

Take our quick Survey so we can better understand your needs!

[Quick Survey](#)

### 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](#)



## HOUSING ASSISTANCE

The DCAid tool is a quick and simple process that allows people to find out if they are eligible for **housing assistance programs, utility assistance, homelessness prevention services**, and other programs that will help to improve their quality of life

The eligibility screening process is a series of questions that takes approximately 1-2 minutes to complete. Users can find out if they are eligible for DCA services that provide assistance with rent, including the Section 8 Housing Choice Voucher Program and the State Rental Assistance Program, **heating costs, utility bills**, removal of lead hazards in the home, Veterans Affairs Supportive Housing (VASH), weatherization assistance, and homelessness prevention programs. The results, based on general income and household information entered, will provide the user with a brief description of eligible programs with contact information for the agency where the user can apply.

### **DCAID ELIGIBILITY TOOL**

#### **Are You an Essential Worker Using Public Transportation?**

Our friends at the **Tri-State Transportation Campaign** want to hear from you about travel behaviors and demographic characteristics. Any person 18+ who continues to work outside of home is encouraged to participate.

**CLICK HERE TO TAKE SURVEY**

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

**Teaching Adults with Intellectual and Developmental Disabilities to Plan, Cook and Enjoy Meals.** Practical and informative webinar that will teach you the value and the "how-to's" of involving your family or house member in meal preparation. To view this free webinar, click the following link:

**REGISTER 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](#)

**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](http://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](mailto:scholarships.ulucyp@gmail.com)

**ULUCYP**  
Urban League of Union County  
YOUNG PROFESSIONALS



**FRIENDLY CALLER  
PROGRAM**

For residents of Union County who are facing social isolation, this program matches older adults with community volunteers for friendly conversation over the phone.

By staying connected while safely apart, we hope to overcome the current challenges together.

**TO SIGN UP OR MAKE A REFERRAL:**

Fill out the online form  
<https://forms.gle/MsnQdR8bFNh77Bwd7>  
or  
Contact our staff via email  
Margaret Church at [mchurch@jfscentralnj.org](mailto:mchurch@jfscentralnj.org) or  
Jill Dispenza at [jdispenza@jfscentralnj.org](mailto:jdispenza@jfscentralnj.org)



**PROGRAMA DE  
LLAMADAS CORDIALES**

Para los residentes del Condado de Union que enfrentan aislamiento social, este programa conecta adultos mayores con voluntarios de la comunidad para una conversación amistosa por teléfono.

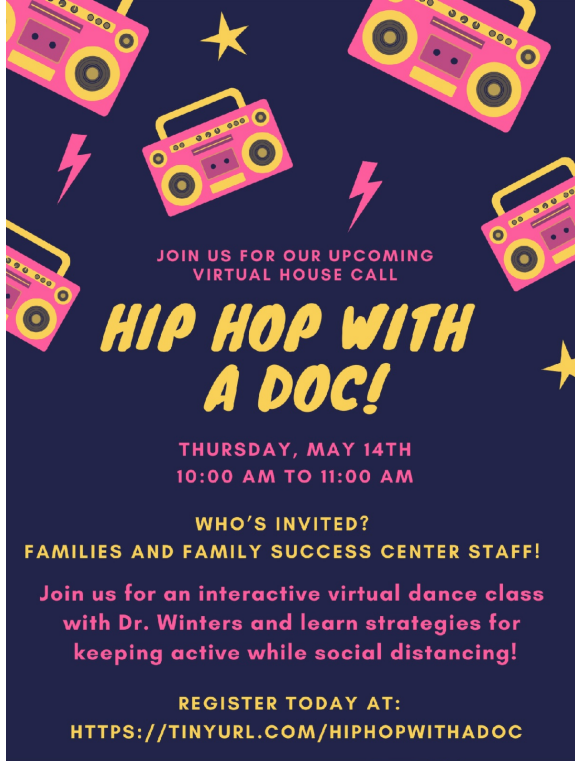
Al quedarnos en contacto mientras estamos separados de manera segura, esperamos superar los desafíos actuales juntos.

**PARA REGISTRARSE O HACER UNA  
REFERENCIA:**

Complete el formulario en línea  
<https://forms.gle/MsnQdR8bFNh77Bwd7>

O comuníquese con nuestro personal por correo electrónico  
Margaret Church por [mchurch@jfscentralnj.org](mailto:mchurch@jfscentralnj.org)  
Jill Dispenza por [jdispenza@jfscentralnj.org](mailto:jdispenza@jfscentralnj.org)



JOIN US FOR OUR UPCOMING  
VIRTUAL HOUSE CALL

# HIP HOP WITH A DOC!

THURSDAY, MAY 14TH  
10:00 AM TO 11:00 AM

**WHO'S INVITED?**  
**FAMILIES AND FAMILY SUCCESS CENTER STAFF!**

Join us for an interactive virtual dance class  
with Dr. Winters and learn strategies for  
keeping active while social distancing!

**REGISTER TODAY AT:**  
**[HTTPS://TINYURL.COM/HIPHOPWITHADOC](https://tinyurl.com/hiphopwithadoc)**




PARTICIPE DEL PROXIMO  
SEMINARIO VIRTUAL

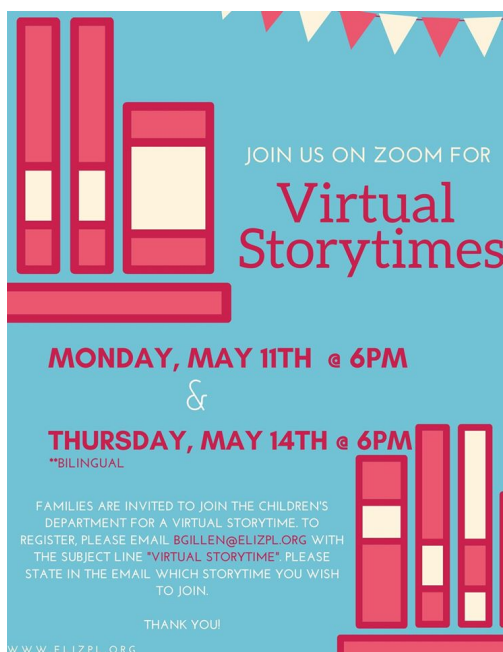
# HIP HOP CON EL DOCTOR!

JUEVES 14 DE MAYO  
10 AM A 11 AM

**QUIENES ESTAN INVITADOS?**  
**LA FAMILIA Y EL PERSONAL DE LOS CENTROS DE  
EXITO FAMILIAR!**

Únete a nosotros para una clase de baile  
interactivo con el Doctor Winters y aprende  
ejercicios para mantenerte activo mientras  
mantienes la distancia social!

**REGISTRATE HOY AQUI:**  
**[HTTPS://TINYURL.COM/HIPHOPWITHADOC](https://tinyurl.com/hiphopwithadoc)**

JOIN US ON ZOOM FOR  
**Virtual  
Storytimes**

**MONDAY, MAY 11TH @ 6PM**  
&  
**THURSDAY, MAY 14TH @ 6PM**  
\*\*BILINGUAL

FAMILIES ARE INVITED TO JOIN THE CHILDREN'S  
DEPARTMENT FOR A VIRTUAL STORYTIME. TO  
REGISTER, PLEASE EMAIL [BGILLEN@ELIZPL.ORG](mailto:BGILLEN@ELIZPL.ORG) WITH  
THE SUBJECT LINE "VIRTUAL STORYTIME". PLEASE  
STATE IN THE EMAIL WHICH STORYTIME YOU WISH  
TO JOIN.

THANK YOU!  
[WWW.ELIZPL.ORG](http://WWW.ELIZPL.ORG)

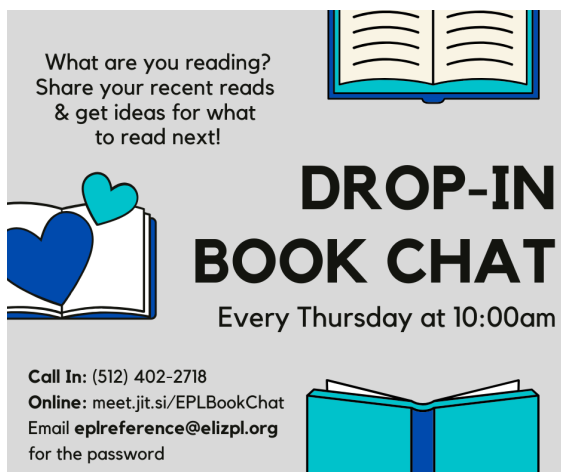


# WORD PUZZLE WEDNESDAY

**Win a \$20  
Michelin's  
Gift Card!**

New puzzles posted  
**May 13, 20 & 27**  
**@12 pm**

**ELIZABETH  
PUBLIC  
LIBRARY**



What are you reading?  
Share your recent reads  
& get ideas for what  
to read next!

# DROP-IN BOOK CHAT

Every Thursday at 10:00am

Call In: (512) 402-2718  
Online: [meet.jit.si/EPLBookChat](https://meet.jit.si/EPLBookChat)  
Email [epreference@elizpl.org](mailto:epreference@elizpl.org)  
for the password



# How To Make Chocolate Chip Cookies

Thursday, May 7th AT 4 PM

WATCH ON:  
FACEBOOK & YOUTUBE  
@BAYWAYFAMILYSUCCESSCENTER



Ingredients:

What you'll need:

2 medium bowls  
Hand mixer  
Spatula  
Pans or large cookie sheet  
Measuring spoons and cups

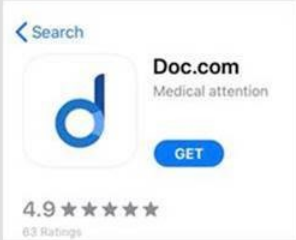
3 C-Flour  
1 C-White Sugar  
1 C-Light Brown Sugar  
1 tsp-Baking Soda  
1/2 tsp-Baking Powder  
1 C- Salted Butter (Room temp)  
2 tsp- Vanilla Extract  
2-Eggs (Room Temp)  
2 C-Chocolate chips (semi-sweet and/or milk chocolate)

Steps:

1. Preheat oven to 375 Degrees
2. Combine dry ingredients in one bowl-Flour, baking soda, baking powder & set aside
3. In another bowl, combine butter and sugars-cream together until nicely incorporated
4. Crack eggs and add in one at a time- followed by vanilla extract
5. Slowly add dry ingredients in 3rds, and continue to mix
6. Fold in your chocolate chips with a spatula
6. Line your pans with parchments paper, add one scoop of dough with enough space for cookies to expand

Bake for about 8-10 minutes or until slightly browned at the top

Bayway Family Success Center  
Made with PosterMyWall.com

<b>LOB</b>	<b>FLORIDA (WMC, WMN) NEW JERSEY (JMD), NEW YORK (NMD)</b>
<b>Type of Change</b>	<b>SAFELINK/TRACFONE – NEW UPDATE</b>
<b>Contact</b>	<b>For more information or details about the benefits listed below, please contact Janise Smith, Sr. Product Manager Medicaid at 813-206-3833</b>
<b>Effective Date</b>	<b>EFFECTIVE Immediately</b>
<b>Summary</b>	<p><b>NEW UPDATE</b></p> <p>Safelink Wireless is continuing to take all possible measures to ensure that they provide a reliable service to our members during these challenging times (COVID19).</p> <p>Safelink is collaborating with their partner Doc Health and they are extending the below offering to members who have a phone through Safelink.</p> <p>Doc Health is providing 3 free medical videos and free written prescriptions at NO COST to our members who have a phone through Safelink in the following States:</p> <p><b>Florida, New York and New Jersey.</b></p> <p>Members would just download the app (<b>Doc.com</b>) from the app store onto their phone and register with their email or phone number to get started.</p> 

**DO IT YOURSELF!**  
**From Us & Our Neighbors**





### Family Outreach Program (FOP)

FOP aims to stabilize Morris County families by fostering the family's strengths and enabling youth to remain at home and in school. Services will be provided in the home and in the community. The length of services averages 3-6 months, meeting anything from 1-2 hours per week with bilingual staff for English/Spanish speaking families.

#### Services available through telehealth platforms (video or phone appointments)

##### This Service is Open to:

- Families with children between the ages of 0-18 years of age
- Families whose children may be at risk for out-of-home placement
- Families who have experienced traumatic situations

##### This Service Provides:

- Communication and advocacy skills for the family
- Community connections for basic needs
- Group counseling to strengthen family relationships
- Budgeting for all family members
- Parent coaching and skill building
- Assistance with managing school concerns
- Stress reduction
- 24-hour/7-day a week on call crisis intervention

##### FOP referrals can be received from:

- Families (self-Referrals)
- Children's System of Care Partners
- Community Providers/Members

Contact: Dahiana P. Grisales, LCSW  
dgrisales@fisnj.org 973-586-5243 extension #347.



### Family Outreach Program (FOP)

FOP tiene como objetivo estabilizar a las familias del condado de Morris capitalizando en las fortalezas de la familia y ayudando a que los menores permanezcan en casa y en la escuela. Los servicios serán provistos en el hogar y en la comunidad y duran un promedio de 3 a 6 meses, y cubren 1 a 2 horas por semana con un trabajador bilingüe.

#### Todos los servicios están disponibles a través de plataformas de telesalud (citas por video o teléfono)

##### FOP Está Disponible Para:

- Familias con niños entre las edades de 0-18 años.
- Familias que tengan niños con comportamientos que los pongan en riesgo de recibir crianza fuera de su hogar.
- Familias experimentando situaciones traumáticas

##### FOP Ofrece:

- Aprender habilidades de comunicación y de abogar por si mismo
- Conexiones a los servicios en la comunidad
- Consejería de grupo para fortalecer las relaciones familiares
- Manejo de presupuesto
- Entrenamiento para padres y desarrollo de habilidades
- Ayuda para manejar las preocupaciones de la escuela
- Reducción del estrés
- Intervención por teléfono de crisis familiares las 24 horas al día, 7 días a la semana

##### Como Recibir Servicios de FOP:

- Familias pueden completar su propio referido
- Proveedores del Sistema Estatal de Cuidado de Niños (CSOC)
- Miembros y Proveedores Comunitarios

Contacto: Dahiana P. Grisales, LCSW  
dgrisales@fisnj.org o 973-586-5243 extensión #347



**QUIEN ESTA INVITADO?** Familias Latinas y empleados de los Centros de Exito Familiar. ES GRATIS!

**QUE DIA?** Jueves 7 de Mayo Del 2020 **A QUE HORA?** De 2 pm a 3 pm

**Registrese Aqui:** [https://us02web.zoom.us/join/register?WN\\_PeOYUM3IQb-qWCS2FQg\\_Tw](https://us02web.zoom.us/join/register?WN_PeOYUM3IQb-qWCS2FQg_Tw)

**QUE DISCUTIREMOS?** Como apoyar a los niños con necesidades especiales o discapacidades del desarrollo durante la pandemia del COVID-19. Brinda a los padres la oportunidad de escuchar las recomendaciones que los pediatras o especialistas tienen sobre los desafíos de salud de hoy.



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 hiring needs related to COVID19

## SEARCH FOR JOBS

Over 45,000 Jobs available throughout New Jersey

# 2020 CENSUS

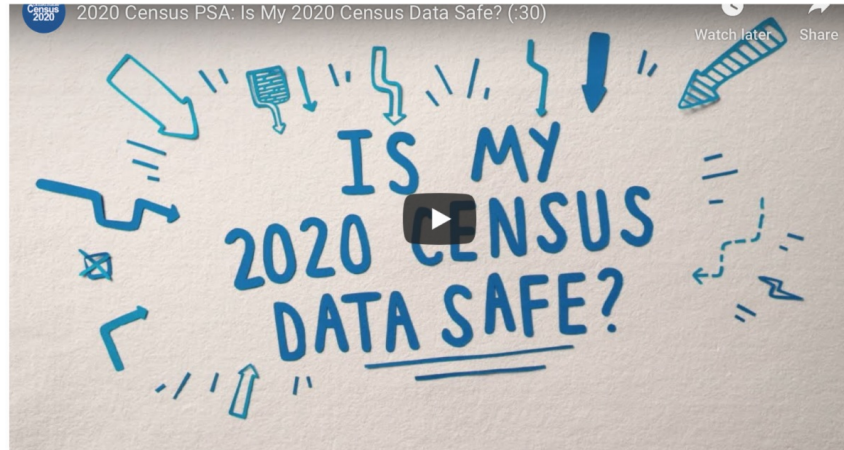
Remember to TAKE THE CENSUS !

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](#)**





#### Do you need health insurance?

WellCare can provide you with **NO-COST or LOW-COST HEALTH INSURANCE** through NJ FamilyCare.

#### 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)

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



NJ02638\_CAD\_FLY\_ENG State Approved 06/24/2014

eWellCare 2012 NJ\_04\_14 Adobe  
09/24/03



#### ¿Necesita un seguro de salud?

WellCare puede proveerle un **SEGURO DE SALUD SIN COSTO o de BAJO COSTO** a través de NJ FamilyCare.

#### Llame para más información:

WellCare	1-888-453-2534 (TTY 1-877-247-6272)
NJ FamilyCare	1-800-701-0710 (TTY 1-800-701-0720)

¿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**  
732-374-6664



NJ02638\_CAD\_FLY\_SPA State Approved 06/24/2014

eWellCare 2012 NJ\_04\_14 Adobe  
09/24/03

## 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](mailto: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](mailto:CJLS@LSNJ.ORG)**

[www.centraljerseylegalservices.org](http://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

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

## Department of Human Services' Novel Coronavirus Information Page

This page contains the the latest resources, policy guidance,  
and program updates available at this time

**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**

