

MAY 2020

Medicare





Free Help to New Jersey Beneficiaries

(SHIP) Residents of the State of New Jersey are eligible for the State of New Jersey Health Insurance Premium Assistance Program. Provide information and evaluate Health Insurance options.

The Heritage North office is closed due to the State of emergency. We will provide assistance through phone calls and email from 9am-5pm.

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Our mission is to create a safe and diverse place where families are welcomed and supported through educational activities and social interactions in a non-judgmental atmosphere.

Monday 9-5pm	Tuesday 9-5pm	Wednesday 11-7pm	Thursday 9-5pm	Friday 9-5pm	Saturday
	 <p>May is Mental Health Awareness Month</p>			<p>1 How to Draw Baby Shark Video will be posted on social media</p> 	<p>2 Visit us at www.chsofnj.org</p> 
<p>4 Mother's Day Craft Video will be posted on social media</p>	<p>5 11am-11:45am Parents United zoom meeting</p>	<p>6 4pm-5pm PAC Zoom Meeting</p>	<p>7 *Senior Food Boxes will be dropped at the center and will be safely distributed to participating families* Girl Scouts Craft Video Will be posted on social media</p>	<p>8 Story Time for my Mom Video will be posted on social media</p>	<p>9</p>  <p>@HNFSC</p>
<p>11 Story Time (English) Video will be posted on social media</p>	<p>12 11am-11:45am Parents United zoom meeting</p>	<p>13 How to make Hand Sanitizer Video will be posted on social media</p>	<p>14 Girl Scouts Craft Video Will be posted on social media Throwback Thursday Post an old picture of family fun at the center</p>	<p>15 2pm-3pm Stress Management Workshop (Virtual Meeting)</p>	<p>16</p>  <p>@HeritageNorthfsc</p>
<p>18 COVID-19 Parenting Video will be posted on social media</p>	<p>19 11am-11:45am Parents United zoom meeting</p>	<p>20 4pm-5pm Mental Health zoom Meeting</p>	<p>21 Girl Scout Craft Video Will be posted on social media Throwback Thursday Post an old picture of family fun at the center</p>	<p>22 2pm-3pm Asthma Workshop</p>	<p>23</p> 
<p>25 Center Closed!</p>	<p>26 Story Time (Polish) Video will be posted on social media</p>	<p>27 4pm-5pm Girl Scout zoom Meeting</p> 	<p>28 Girl Scouts Craft Video Will be posted on social media</p>	<p>29 Kid Friendly Cake Video will be posted on social media</p>	<p>30</p> 

Heritage North Family Success Center

Description of Center Activities

FAMILY HEALTH

NJ Family Care Applications: Need help filling out health insurance applications? We can help!

Stress Management Workshop: This workshop will be provided to us by United Health Care to help manage stress during the pandemic.

Mental Health zoom Meeting: This meeting will focus on raising awareness of mental health issues around the world and mobilizing efforts in support of mental health.

Asthma Workshop: This workshop will be provided to us by United Health Care to help families who have it.

LIFE SKILLS

Girl Scout Zoom Meeting: During this time, your child will have fun and learn new skills every time we meet! This group is for girls who are in kindergarten and up. We meet the last Wednesday of every month.

Girl Scout Video: The Girl Scout Leader will create a weekly video that will be shared on our social media pages.

PARENT-CHILD ACTIVITY

Parents United: This English and Slavic language parent-child interactive group is filled with activities to accompany well-known rhymes, songs, and chants. The activities help lay the foundation for reading by developing listening and oral language skills, comprehension skills, and the knowledge of recognizing letters, colors, numbers and shapes. The activities are just plain fun!

How to Draw Baby Shark: This video will show you how to draw the popular Baby Sharks that kids love.

Story Time: A structured activity to help show parents and caregivers ways they can help their child interact with books and develop early literacy skills.

Kid Friendly Cake: This video will demonstrate how kids can easily create their own cake.

CELEBRATION

Mother's Day Craft: This Mother's Day Craft for kids will be just as much fun for them to give as it is for moms to receive.

Story Time for My Mom: The roles have been reversed. In commemoration of Mother's Day, your child will read a book to you.

PARENT EDUCATION

COVID-19 Parenting- Sn gdlko o` qpmr lmsdq bs bnmrsq bshudlx v lsg sgdrtq bglk qpmct qtrf sglr st d ne bnmrml dms-

How to Make Hand Sanitizer: This will be an instructional video teaching parents how to make hand sanitizer from household products.

OTHER SERVICES

Advocacy/Information and referral: Families are always welcomed to receive information about our programs, services, and support. We advocate for a families and provide resources. Help will be provided remotely.

Senior Food Box: Collaboration with Mercer Street Friends Program. Once a month senior receive non perishable food items.

All activities, workshops, and presentations are held virtually.