



Emergency Relief and Assistance

Board of Public Utility:



Due to the pandemic, we know many are suffering emotionally and financially. Therefore, the state of NJ has created many assistance programs and has changed regulations in order for others to be eligible. Some of these major programs include Universal Service Fund (USF), Payment Assistance for Gas and Electric (PAGE), and Emergency Rental Assistance.

Please contact Tina Notaro at tina.notaro@bpu.nj.gov or call (609) 610-3328 for more information and assistance.



Hurricane Ida Relief:

Compass 82 is a helpline that is dedicated to working with people who have been affected by natural disasters. We know that many people have been horribly affected by Hurricane Ida and have lost many necessities and personal belongings. Compass 82 has been working diligently with NJ Volunteer Organization Active Disaster (NJVOAD) and the services they provide are free of cost.

Please reach out to the Ida Helpline at (609) 629-2900 for more information or assistance.



Social Security Administration:



The social security administration is here to assist people with many services. Most eligible individuals are low-income, homeless, disabled, or struggling from many different issues. Social security is here to provide relief and security to you and your family during these hard times. **Please visit** www.ssa.gov and/or www.ssa.gov/agency/rcds.html or call (800) 772-1213 for more information and assistance.

Hurricane Ida - Your Successful Financial Recovery is our Priority

What services are offered?

- FEMA Applications and Appeals
- Small Business Recovery/SBA Loans
 - Financial Counseling
 - Disaster Recovery Budget
- Home Inspections and Repair Contracts
 - Managing Negotiating
- Working with Your Creditors

Call the Hope Coalition
America hotline at
888-388-HOPE(4673)



FIRST BILINGUAL SDA CHURCH

COMMUNITY SERVICE & FOOD PANTRY NEWSLETTER

Emergency Relief and Assistance

Supplemental Nutrition Assistance Program (SNAP)



The application for the emergency disaster SNAP program opened on November 15th, for households in eligible Bergen, Essex, Hunterdon, Middlesex, Passaic, Somerset and Union municipalities

Visit njnsnap.gov to see if you live in one of the eligible municipalities

FEMA Assistance Extension

New Jersey residents will have more time to register for assistance and visit FEMA disaster recovery centers. The deadline to apply for FEMA assistance due to damage and losses from the remnants of hurricane Ida has been extended until **January 5, 2022**

You can **apply** by going online to www.disasterassistance.gov or by **calling** (800) 621-3362.

You can also visit the Disaster Centers in Essex and Union County.

Essex County: Kmart - 235 Prospect Ave #9413, West Orange, 07052

Union County - O'Donnell Dempsey Senior Community Center, 618 Salem Ave, Elizabeth, 07028



FEMA

FEMA Free Legal Assistance

Those affected by the disaster who are unable to afford a lawyer can request **free legal assistance** from the Legal Services of New Jersey (LSNJ). **Please visit** www.lsnjlawhotline.org or **call** (800) 576-5529.

COVID-19 Emergency Rental Assistance Application Ending Soon!!!

The New Jersey Department of Community Affairs (DCA) has announced today the 2nd phase of COVID-19 Emergency Rental Assistance Program (CVERAP) application will close on **December 15, 2021**. To apply **visit** <https://njdca.onlinepha.com>

Applications can be submitted online through use of any technology. **For more information call 609-490-4550** from 8 am to 8 pm.



NJ Ride Share Program

Was your car damaged or lost due to IDA? Or has it been impacted by COVID 19?

Text **NJDARIDE** to **898-211**

for more information or to request a ride.





Food and Fun

1st Bilingual Preschool

Let's get ready for kindergarten together! Let us help develop all of your child's skills (social, emotional, physical, cognitive, and language). They will have a **BLAST** working on our hands-on activities and making friends! We also offer fulltime and part-time preschool Monday - Friday from 8am - 3pm



Food of the week:

Couscous: a wheat product that is commonly used in Mediterranean meals. Couscous is pasta made from semolina flour mixed with water.



Recipe Ideas:

1. Use couscous as a substitute for rice or pasta as a side dish.
2. You can also use couscous as a 1-pan meal like paella.
3. Try couscous as a hot cereal by adding fruits, honey, spices, and nuts, and peanut butter.
4. You can also turn couscous into a pasta salad by adding tomatoes cucumbers, raisins, and mayo.

In-Person Preschool, now open for registration!!

2 Days a Week: \$150/mo

T/Th 9-11:30 am (Only 2 spots left!)

T/Th 12-2:30 pm (Only 2 spots left!)

3 Days a week: \$195/mo

M/W/F 9-11:30m pm (Only 3 spots left!)

M/W/F 12-2:30 am (Only 2 spots left!)

5 Days a week: \$375/mo

M-F 9-11:30 pm (Only 2 spots left!)

M-F 12-2:30 am (Only 2 spots left!)

Online Preschool now open for registration

2 Days a Week: \$67/mo

T/Th 12-12:30 pm (Only 2 spots left!)

+ 2 BONUS 30-min recorded classes

3 Days a week: \$97/mo

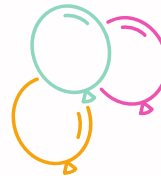
M/W/F 12-12:30m pm (Only 3 spots left!)

+ 3 BONUS 30-min recorded classes

5 Days a week: \$147/mo

Monday- Friday 12-12:30 pm (Only 2 spots left!)

+ 5 BONUS 30-min recorded classes



Call (732) 406-5548 to secure your spot today!

1st Bilingual SDA Church

The First Bilingual SDA Church has a Food Pantry located in Middlesex, NJ. If you are in need of food, please text the Food pantry at (732) 629-8065.

Please provide your name, town, email address, and number of people in your household.

Food boxes can be picked up at the church on Sundays. Upon receiving your request, an appointment time for pick-up will be given to you.

Or you can text "FIND FOOD" TO (908) 224-7776 to find a local food pantry near you



Christmas Presents for Families

Deborah Tucker founder of Free Along is looking to bless 100 families with Christmas Gifts on Sunday, **December 19, 2021 form 2 to 4 pm**. Please contact Deborah at (732) 874-4917 if you wish to participate and for the address of the event.

1st Bilingual SDA Church Hurricane Ida Needs Assessment

Please complete this survey so that we can better help you and meet your needs.

<https://www.firstbilingual.org/serve/hurricane-ida-survey->

Tips for Managing Mental Health During the Pandemic :



During the pandemic, numerous people have faced depression, job loss, loss of a close family member, and have suffered from loneliness and trauma. In order to relieve from this problems, people should seek therapy, eat healthy, exercise, and find relaxing hobbies to cope with stress. If people follow this routine, they can overcome their depression or anxiety due to COVID 19. Always remember, **"You must never give up! You must be bold; You must be courageous! And find a way to get in the way!"** - Red John Lewis.



New Jersey
MentalHealthCares
 1-866-202-HELP(4357)
Who cares? We do!
 Call for Confidential
 Emotional Support,
 Information and referral.