

**Nutrition Cross Collaborative Meeting**

**6/1/2021**

**Time: 11:00-12:05pm.**

**Meeting Facilitator: Jaime Pula PhD, RDN, VP Clinical Operations, Avidon Health**

**Attendees:** Jaime Pula, PhD, RN, Laura O’Reilly Stanzilis RN, MSM, Mary Ellen Zung, Daniel Wikstrom, Gail Pester, Gail Johnson, Jessica Elicin, Rosemary Acampora, Amanda Bendett, Candace Wu, Carlos Caprioli, Carol Berger, Christine Parauda, Cynthia Winslow, Deb Fisher, Felicia Cosby, Julie DeSimone, Kathy D’Agati, Katie Stewart, Karen Basedow, Kevin Charles, Lindsay De Stefano, Maryann Walsh, Megan Heck, Pamela Long, Rachel Niemczyk, Robyn Kohn, Sharon Holmsborg, Sherri Cirignano, KJ Feury, Leslie Bivins.

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| Welcome and Call to Order – Laura O’Reilly-Stanzilis |
| COVID-19 and Obesity: What’s Lifestyle Behaviors Got to Do with It?   * Relationship of behavioral risk factors for weight gain during COVID-19 and their impact * 10 Things you can do starting NOW (see slideshow) * What can the NJHC Do?   + Advocating for intervention strategies and policy changes   + Tie nutrition into chronic disease within the Community Health Improvement Plans (CHIP)   + Improve collaboration and referrals through the collaborative to improve nutrition and physical activity within our communities. |
| **PowerPoint can be found at:**  <http://www.njhealthmatters.org/content/sites/njhc/resource_library/NJHC_-_Nutrition_-_Collaborative_Work_Group_-_06.01.2021.pdf>  **Meeting adjourned 12:05 PM.** |

Chat:

From Mary Ellen Zung to Everyone: 11:20 AM

Mary Ellen Zung, coachmaryellen@outlook.com, [www.maryellenzung.com](http://www.maryellenzung.com) . Doing a plant-based program for my clients coming up, also check out ThriveMorris.com for the 6 week summer meltdown series and send your clients and patients there for info on nutrition and weight loss.

From Kathy D'Agati to Everyone: 11:21 AM

Kathy D’Agati Back to Basic Wellness 201-738-8321 Kathy@backtobasicwellness.com <https://thrivemorris.com>

From Mary Ellen Zung to Everyone: 11:21 AM

Here is the link for the free 15 minute cancer screening webinar on June 15 at 11:00 am. <http://www.njhealthmatters.org/index.php?module=Tiles&controller=index&action=display&alias=calendar#event=66772458;instance=20210615110000>

From Jaime L. Pula, PhD, RDN to Everyone: 11:26 AM

Please place your contact info in the chat once you've shared thoughts on the following: 1. What are some ways that you’re currently advocating for intervention strategies and policy changes?2. How can we tie nutrition into chronic disease within the CHIP?

3. What can we do more of ~ together?

From Deb Fisher to Everyone: 11:29 AM

Deb Fisher, MS, RN \_\_\_ [dfisher44@hotmail.com](mailto:dfisher44@hotmail.com)

From Carlos Caprioli to Everyone: 11:29 AM

Carlos Caprioli. MC Family Success Center. Partnership MCHNNJ. ccaprioli@pmch.org Connecting Dover meeting 6/16 - 2:00 PM via Zoom

From Robyn Kohn to Everyone: 11:31 AM

Robyn Kohn Director of Programs and Services Alzheimer's Association rmkohn@alz.org. June is Alzheimer's & Brain Awareness Month. Month-long webinars "Healthy Living for Your Brain & Body: Tips from the Latest Research accessed at [www.alz.org/CRF](http://www.alz.org/CRF) . Helpline 24/7 800-272-3900.

From NJHC Laura O’Reilly-Stanzilis to Everyone: 11:32 AM

Thank you Lindsay. Individuals with Serious and persistant Mental Health concerns are in great need of nutrition support. Such important work.

From Cynthia Winslow to Everyone: 11:32 AM

Cynthia Winslow Curator of Education and Community Engagement at Macculloch Hall Historical Museum in Morristown. cwinslow@maccullochhall.org

From Katie Stewart to Everyone: 11:33 AM

Katie Stewart Health Educator, Warren County Health Department --- thank you for all of the work that you are doing!

From Lindsay De Stefano to Everyone: 11:37 AM

Lindsay De Stefano, CHES, MHA Program Coordinator at Avidon Health. ldestefano@avidonhealth.com Working to improve and shed light on the connection between mental health and overall health and wellness, including chronic illness.

From NJHC Laura O’Reilly-Stanzilis to Everyone: 11:45 AM

[www.thrivemorris.com](http://www.thrivemorris.com) Six week summer meltdown...nutrition and fitness advice for a healthier body for Morris County's Health and Wellness Thought leaders- this is open to everyone!!

Thank you all for the great work you do. Please share your impact with us at info@njhealthmatters.org so we can demonstrate the great work that is being done in communities. www.njhealthmatters.org - go to your county page and then click on progress tracker. We would love to put YOUR org up there to share your work as part of our collective impact.

From Kevin Charles to Everyone: 11:45 AM

Kevin Jean Charles 908-884-6430 kjeancharles.baywayfsc@preventionlinks.org volunteer community programs coordinator for bayway family success center if anyone has any health care activities or presentations that they would like to share and partner up with please feel free to reach out it will be greatly appreciated.

From Megan Heck to Everyone: 11:47 AM

Megan Heck MPH, RDN-Head Start Community Program of Morris County Inc. meganh@headstartmc.org

From Deb Fisher to Everyone: 11:50 AM

Sussex County Child Health Crisis Workgroup (Obesity) Lead — Deb Fisher MS, RN —- dfisher44@hotmail.com

From Sherri Cirignano to Everyone: 11:56 AM

Sherri Cirignano, MS RDN, LDN - FCHS Educator for Rutgers Cooperative Extension of Warren County. cirignano@njaes.rutgers.edu.

From Michelle Jansen to Everyone: 11:56 AM

Michelle Jansen - Rutgers Cancer Institute of NJ - Michelle.Jansen@rutgers.edu

From Candace Wu to Everyone: 11:57 AM

Candace Wu, AHS Goryeb Children's Hospital, [www.teenhealthFX.com](http://www.teenhealthFX.com)

Candace.Wu@atlantichealth.org

From karen basedow to Everyone: 11:58 AM

Karen Basedow, MS,RD,CDE Newark Beth Israel Med. Ctr. karen.basedow@rwjbh.org

From Rosemary Acampora to Everyone: 12:00 PM

Rosemary Acampora, Director of Senior and Social Services for Wayne Township. 973-694-1800 ext. 3281 acamporar@waynetownship.com. Wayne has been working on physical fitness as well as health and wellness programs through the Mayor's Wellness Campaign and Age Friendly Wayne. We have Wayne Walks (a weekly walking program offered at 12 different locations in Wayne. We are offering weekly Health and Wellness Programming on our local cable channel. We are collaborating with a Wayne counseling to provide affordable mental health counseling for those in need. We're offering a community garden. AND we're applying for a variety of grants to offer additional health and nutrition programs.

From Karen Ensle to Everyone: 12:03 PM

Karen Ensle, Rutgers Cooperative Extension of Union County,

From Jaime L. Pula, PhD, RDN to Everyone: 12:04 PM

Jaime L. Pula, PhD, RDN, VP of Clinical Operations at Avidon Health jpula@avidonhealth.com

From Carol Berger to Everyone: 12:04 PM

Carol Berger, Chief Program Officer, Wynona's House Child Advocacy Center, Essex County. Back to School BBQ on 8/14. Would like to have someone with nutrition information have a table or do a workshop; cberger@wynonashouse.org

From Felicia Cosby to Everyone: 12:05 PM

Felicia Cosby, MA Sr Probation Officer Union County Probation Dept. Felicia.Cosby@NJCourts.gov

From Karen Ensle to Everyone: 12:05 PM

kensle@njaes.rutgers.edu Nutrition and health programs. Great group for collaboration. Thank you Karen Ensle.

From Leslie A Bivins to Everyone: 12:06 PM

Leslie A Bivins - Regional Chronic Disease&Cancer Coalition-Morris/Somerset Counties - Community Health Worker